



GOOD HOUSEKEEPING

58 SPRING MEAL IDEAS

* Weeknight Recipes

* Fresh Desserts

+ EASIEST
EASTER
DINNER!

*
FAST FIXES
TO FIND
BIG \$\$\$
AT HOME

36
QUICK ROOM
MAKEOVERS
(ON A BUDGET)

HOW FAR WOULD YOU GO TO
SAVE YOUR CHILD?

P 75



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DECORATING
PROJECTS

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B
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GOOD HOUSEKEEPING

april
2015



OUR "NEW" LOGO: LOOK FAMILIAR?

The typeface comes directly from our iconic Seal. We love how crisp and clean it looks on our cover—we hope you like it, too.

60

AN EGG-CELLENT CENTERPIECE

Create a sweet vase for mini buds by cracking open an eggshell

COVER STORIES

50
**36 Quick Room
Makeovers
(on a Budget!)**
Home Design Director
Sarah Richardson
transforms a drab main
floor into a sunny space

75
**How Far Would
You Go to Save
Your Child?**
Read about
one mom's radical
decision

GH Tests
Washing
Machines **85**
Showerheads **92**
Instant
Breakfasts **117**

117, 127, 131, 141
58 Spring Meal Ideas
Easiest Easter
dinner **127**
Weeknight
recipes **131**
Fresh desserts **145**



SERUM ABSOLUTE BY VISIBLE LIFT

Andie MacDowell
SAND BEIGE 152

lorealparisusa.com



92%
SAW MORE EVEN
SKIN TONE*

90%
SAW MINIMIZED
IMPERFECTIONS*

87%
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84%
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*Results based on consumer responses in a 4-week clinical study with makeup on, after 4 weeks of use. **Results based on consumer responses in a clinical study with makeup on, immediately after application.

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GOOD HOUSEKEEPING



CHEF CURTIS
STONE
62



LUXE FOR LESS
26



36 QUICK LITTLE
MAKEOVERS
50



DEVILED
CHICKS
58



POLKA DOTS
20

YOUR LOOK

17 Trending
Spring's red-hot look

18 That's Genius!
Stylish finds from our beauty and fashion editors

20 Suddenly Everywhere
Polka dots get sophisticated

22 Must-Have Item
Cool culottes

24 Ask April
Our editor helps you get gorgeous

26 Luxe for Less
Beauty finds
\$25 and under

28 2-Minute Hair
Take your hair from hot mess to flawless

32 Red, Bright and Blues
Sophia Bush shows off spring's instant wardrobe updates in the Windy City

YOUR HOME

41 Decor Tips
Create a gallery wall using pretty plates

44 That's Genius!
Seasonal decorating ideas and more

46 Ask Sarah
Answers to your decor questions

49 Ask Heloise
How to soften scratchy towels...and her Earth Month reuse-it guide

151 Family Room
A hoppy bunny cake, plus what your dog isn't telling you

REAL LIFE

71 How They Did It
Sarah Buscho and Marina Storm's eco-friendly skin-care line is in full bloom

80 Ask Peggy
Thank-you-note rules, so you'll never be at a loss for words

83 Your Bookshelf
Thrillers, the GH read of the month and more

GH REPORT

85 From the Institute
Find out what our Lab experts uncovered this month, including simple ways to live greener

YOUR BODY

105 News You Can Use
Why you should weigh in more often

106 That's Genius!
Live-well ideas from our health editors

108 Healthy Strategies
Keys to heart health, a weeknight work detox and more

110 Just 3 Moves
GH's trainer on call shows you a fun, fierce firm-up inspired by animals

113 Happiness Boosters to Try Today!
Easy little tricks to energize your attitude

117 Healthy Breakfasts
Tried-and-tested morning meals you can grab in a hurry

YOUR KITCHEN

62 A Taste of Spring
Curtis Stone shares recipes that celebrate warm family gatherings

128 That's Genius!
Delicious ideas from our food editors

138 Breakfast Special
Three-ingredient banana pancakes

IN EVERY ISSUE

12 Editor's Letter
156 At My House...
Lara Spencer



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Food styling by Susan Westmoreland and Sherry Rujikarn.



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FROM HIBERNATION TO
Inspiration



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part of a 4-piece set

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My cousin Katharine and me taking a break on our ATV ride in Lubbock, TX, *left*, and Katharine in *Time's* "The 100 Most Influential People" for 2014.

OUR OWN LITTLE WORLD

IT'S SCIENCE-FAIR SEASON in our house. My little guy, Grey, who wants to be a scientist or inventor, is working on his first big project. The idea of sinkholes, hurricanes and volcanoes intrigues him, as it does most boys. So last weekend, we spent the better part of Saturday afternoon curled up on the couch, Googling natural disasters.

From a scientific perspective, something like a massive, swirling vortex is mesmerizing; it puts you in awe of Mother Nature. But then there's the human side, which makes me want to cover his eyes. The distraught mother wading through chest-deep muddy water, desperately clutching a small child. Homes decimated by seemingly supernatural winds. Defeated firefighters amidst acres of scorched forest. How do I explain this to him? And in the big picture, is there anything I can do to reduce the chance that he, or any of us, will have to experience this horror?

Many of these catastrophes are **completely outside our control—literally freaks** of nature. But scientists are increasingly linking extreme weather events to climate change. Our modern lifestyle, from driving to powering our homes, has sped up the production of greenhouse gases like CO₂—which warms Earth, and not in a good way. More on that on page 100.

Are you waiting for the good news? I was recently hanging out with Katharine Hayhoe, one of the country's leading climatologists, who also happens to be my cousin (that's us together, *above left*, and her in *Time's* list of 100 influential people, *above*), and she shared some surprisingly simple strategies that can make a huge difference. For instance, did you know that if we all properly insulated our attics, it would be like taking 2 million cars off the road? It would also put \$1.8 billion back in our pockets every year. That's a win-win. And there are loads more easy ways we can save...and make a difference. Look for the little green leaf at the bottoms of our pages throughout the issue.

Signing off because I have to get back to Grey's project. **Baking-soda volcano, anyone?**

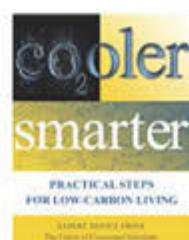
Jane Francisco,
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FOLLOW ME @janefrancisco

TINY STEPS, BIG RESULTS

Thanks to our experts for helping us compile a plethora of ways we can save money and lighten our load on the planet. There are sure to be at least a few that can easily fit into your lifestyle. And when you think about it, we are a powerful group: Good Housekeeping readers are some 25 million strong, so if we all do something small, together we can have a huge impact.



BEAT THE HEAT

Feeling inspired and want to learn more about how our world is changing and what actions will have the greatest effect? Check out the book *Cooler Smarter: Practical Steps for Low-Carbon Living*, coauthored by contributor John Rogers.



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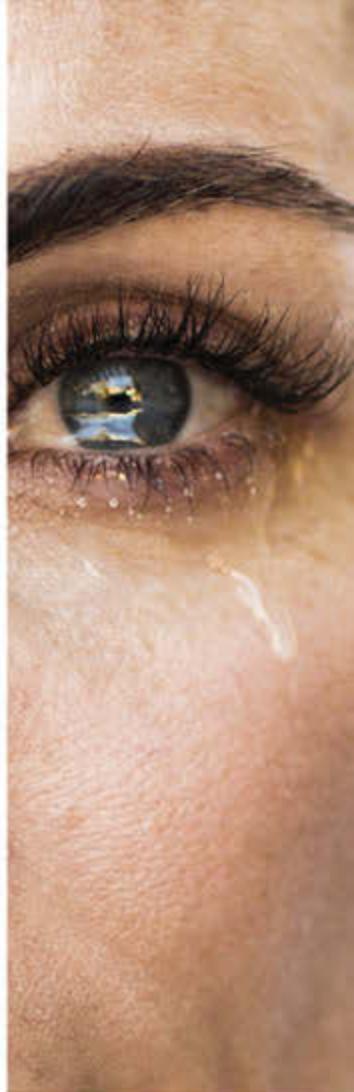
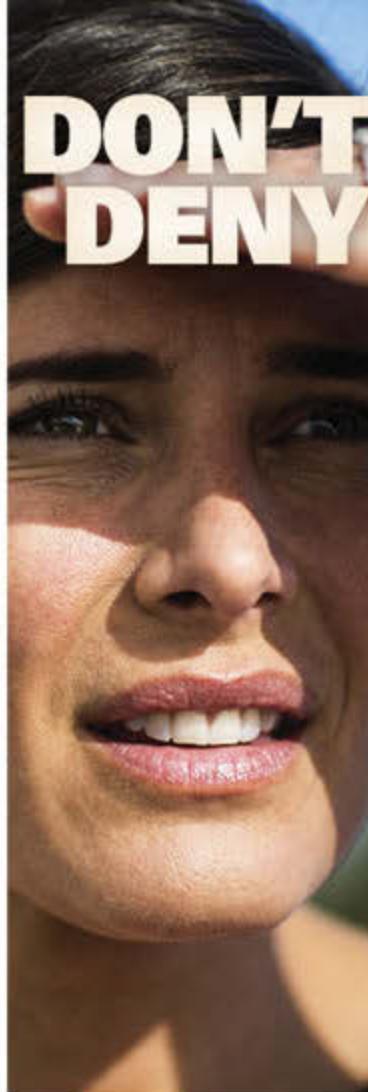
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what you think!*

How'd we do this month? Love the issue? Like it? Not so much? Share your thoughts with us, and we'll give you more of what you want and less of what you don't. After all, this is your magazine. Help us make it great!

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It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease:**

- ▶ Dryness/itching
- ▶ Burning/stinging
- ▶ Feeling like something is in your eye
- ▶ Sensitivity to light
- ▶ Blurry vision
- ▶ Problems wearing contact lenses
- ▶ Watering eyes

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.

TAKE ACTION NOW

- ▶ **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- ▶ **GO TO mydryeyes.com,** **TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.



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GOOD
HOUSEKEEPING

your LOOK

FASHION FINDS. BEAUTY SECRETS. STYLE FOR LESS.



SEEING RED

It's the cherry on top of fashion right now: Add a fiery piece (or two) to update any outfit. Smokin'!

1. Urban Decay Sheer Revolution Lipstick in Sheer Slowburn, \$22, Sephora (bargain pick: CoverGirl Colorlicious Lipstick in Succulent Cherry, \$6, drugstores) 2. Sunglasses, \$149, alexandermcqueen.com for stores 3. Chinese Laundry shoes, \$79, lulus.com 4. Bag, \$348, katespade.com 5. Sally Hansen Insta-Dri Nail Polish in Quick Fire, \$5, drugstores

MIKE GARTEN



GREEN YOUR PET Look for a collar made from sustainable materials, like Bison Designs' Eco Collar.

STYLE FILES...



LORI BERGAMOTTO
STYLE DIRECTOR

“Spring cleaning is the perfect time to get real about what is and what isn’t working in your style arsenal. Bonus: You’ll make room for new seasonal must-haves (like, oh, everything on this page!).”

FOLLOW ME @loribergamotto



IT MAGNIFIES
Built-in magnifying mirrors in this new line make on-the-go touch-ups a cinch.

*Eye Shadow in Hint of Plum, \$28,
20-20Vision cosmetics.com*

WHAT WE'RE EXCITED ABOUT THIS MONTH



FANCY FACE

Cleansing wipes go chic in a Jonathan Adler-designed case.

Pond's + Jonathan Adler Wet Cleansing Towelettes Vanity Case, \$7, Walgreens



STYLE PLUS

Target nails it with Ava & Viv — 90 trendy pieces (each less than \$80) in sizes 14 to 26.

Jacket, \$45, and top, \$25, target.com



DIY BEAUTY, DELIVERED

Make your own soap, lotion, scrubs — even candles! A complete kit arrives once a month; go online to share tips with other beauty crafters.

Handmade Beauty Box, \$30 a month, handmadebeautybox.com



HAPPY FEET

Keds with a kiss! Inspired by Eos's addictively good lip-quenching flavors, these kicks are, well, the balm.

\$55, keds.com

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garnierusa.com



April showers don't stand a chance against this bright topper. St. John's Bay anorak, \$44, jcpenney.com



You know Audrey would approve of these cat-eye frames. Meow!

\$18, fantas-eyes.com



Seeing spots? We're dizzy about this mod, ladylike dress.

Marc by Marc Jacobs, \$298, bloomingdales.com

Enter for a chance to
WIN THIS BAG!
SEE PAGE 148 FOR MORE DETAILS



Top, \$322, piamita.com. Jacket, \$370, reiss.com. Jeans, \$245, 7forallmankind.com. Bag, Danielle Nicole, \$98, amazon.com. Shoes, \$109, dune-london.com.



"Under a black blazer, polka dots look polished and professional."

—KRISTEN SALADINO,
FASHION DIRECTOR



Allover dots give a sheer and airy blouse extra swish.

\$60, thelimited.com



Dots meet stripes and deliver big on chic.

\$125, kayudesign.com



Neutral in navy, this watch is the easiest way to try the trend.

\$50, timex.com

POLKA DOTS

Cue the spotlight! This retro pattern gets sophisticated for spring



®

What exactly is the difference
between want and need?



COOL Culottes

With its A-line shape, this swingy, skirtlike style is versatile and forgiving—and everywhere for spring. Pair it with a boxy top, and you're good to go...anywhere!



WORK

Skip the suit and still wear pinstripes! This tailored take on the classic office uniform is polished (and meeting-ready) thanks to a slim silhouette.

Michael Michael Kors culottes, \$89, [macy's.com](http://macy.com). Top, \$17, marshallsonline.com. Necklace, \$78, bodenusa.com. Bracelets, \$125 to \$180, ccskye.com. Danielle Nicole bag, \$78, amazon.com. Shoes, \$200, shop.schutz-shoes.com.

EVENING

Darker colors (black, navy) create a dressier but neutral base—so you can mix in shiny, eye-catching accessories like this bling-encrusted top.

XOXO culottes, \$59, macy's.com. Michael Michael Kors top, \$110, lordandtaylor.com. Calvin Klein bag, \$148, macy's.com. Bracelet, \$40, derng.com. Shoes, \$35, target.com.

WEEKEND

Swap Saturday jeans for this denim number. The key to pulling off volume: a mid-calf length (not cheerleader short or ball-gown long). Flats keep it casual.

Blue Pearl by Allen Schwartz culottes, \$195, absstyle.com. Top, \$69, zara.com. Necklace, \$95, ccskye.com. Watch, \$145, guess.com. Vince Camuto shoes, \$98, shoebuy.com.



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ask APRIL

GH's beauty guru sifts through the latest buzz to help you look (and feel!) your prettiest

HAVE A QUESTION? E-MAIL ASKAPRIL@GOODHOUSEKEEPING.COM.



April Franzino

Beauty Director

@aprifranzino



"I'm seeing lines on my neck; do I really need a special cream for it?"

IT DEPENDS. "Face products can generally be used on the neck, especially for lines and brown spots," says Dendy Engelman, M.D., director of dermatologic surgery at Metropolitan Hospital in New York City. "But neck-specific treatments may work best to plump up thin, loose skin; they tend to be more emollient and have skin-tightening agents."

GH Beauty Lab Picks: (1) L'Oréal Paris Age Perfect Hydra-Nutrition Golden Balm for Face, Neck & Chest, \$20, drugstores; Murad

Rejuvenating Lift for Neck and Décolleté, \$55, Ulta; (2) Stri-Vectin TL Advanced Tightening Neck Cream, \$95, strivectin.com.



1



2



YOU CAN TRY IT
A "NATURAL" SMOKEY EYE

1 LINE TOP LASHLINES Glide a taupe eye shadow crayon or liner brush dipped in shadow from inner corners out, says Mally Roncal, founder of Mally Beauty.

2 REPEAT ON BOTTOM, connecting at outer corners.

3 ADD MORE INTENSITY by using a blending brush to bring shadow up to crease, diffusing with a back-and-forth motion.

WATCH ME DEMO the look at goodhousekeeping.com/beautyhowto using Mary Kay at Play Eye Crayon in Over the Taupe, \$10, marykay.com, and Neutrogena Crease Proof Eye Shadow in Lasting Taupe, \$8, drugstores.

HOW TO USE TINTED PRIMERS

Worn under makeup or alone (it's sheer), each color of the primer rainbow tackles a different skin issue. Cristina Bartolucci, founder of Peek Beauty, dishes.



DARK SPOTS

Apply peach all over to even out pigmentation and disguise dark circles. Pür Minerals Color Correcting Primer in Peach, \$31, purnminerals.com

REDNESS

A light layer of green neutralizes flushing, like rosacea. Smashbox Photo Finish Color Correcting Foundation Primer, \$39, Sephora

DULLNESS

A subtle pink tint gives skin a youthful glow. Maybelline New York Master Prime Weightless Blurring Primer in Blur + Illuminate, \$10, drugstores

BLEMISHES

Pat yellow on T-zone and blemishes to hide flare-ups. Clinique Super-primer Face Primer in Colour Corrects Redness, \$27, department stores

TOO "TANNED"

Blue (orange's opposite color) brightens to fix self-tan flubs. Make Up For Ever Step 1 Skin Equalizer Radiant Primer #7, \$36, Sephora

PASTY FACE

A coat of purple counteracts sallowness. E.L.F. Studio Mineral Infused Face Primer in Brightening Lavender, \$6, Target

CONCENTRATED OR "ULTRA" CLEANING PRODUCTS use up to 50% less packaging than traditional formulas while cleaning just as well.



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AND SOME
WITHOUT A SINGLE
BOOTPRINT
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RELAX, WILL YOU?



PRISTINE NATURE



GRAB A PADDLE



BEACH PARTY



\$25 & UNDER

Affordable indulgences the *GH* beauty team can't resist right now



\$12

A thin line of shine is daytime sexy; add all over shadow for extra sparkle after dark.

Physicians Formula Shimmer Strips Custom Eye Enhancing Extreme Shimmer Shadow & Liner in Smoky, drugstores



\$8

Get a truly "rosy" glow from real crushed petals: Using a fluffy brush, dust on apples of cheeks, then up cheekbones.

Milani Rose Powder Blush in Coral Cove, CVS



\$13

This undereye brightener glides on with a cooling rollerball to nix puffiness.

Garnier BB Miracle Skin Perfector Eye Roller, drugstores

\$20

Deep-clean your complexion with this purifying scrub (it doubles as a mask!). The secret ingredients: Japanese yuzu, an oil-absorbing white clay and smoothing alpha hydroxy fruit acids.

Soap & Glory Scrub Your Nose in It Two-Minute T-Zone Detox Scrub, sephora.com



\$25

A fresh mix of lily of the valley, bergamot and violet in a slim roll-on for discreet dabbing on the go.

Kate Spade Walk on Air Eau de Parfum Rollerball, Nordstrom

\$22

Every eye brush you'll ever need (for shadows, liners and brows) comes tucked in a chic, portable metallic case.

Sephora Collection Look Color in the Eye Brush Capsule in Rose Gold



\$4

Sweeten your breath with a spritz of a natural flavor like Mojito Mint, Pink Grapefruit Mint or Supermint. Now, smile!

Hello Breath Spray, Walgreens



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GOODHOUSEKEEPING.COM/BEAUTYLOOT
TO ENTER FOR THE CHANCE TO SCORE BIG. DETAILS, PAGE 148.





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2-MINUTE *hair*

Look polished in a pinch with fresh, pretty styles for all lengths. Harry Josh, John Frieda international creative consultant, tells how

BY APRIL FRANZINO

Jessica Chastain



EASY SLICK-BACK

Get a clean look that's even faster than an updo.

1. Grab gel. With fingers, rake a dime-size blob straight back from hairline to crown.

2. Add more; repeat raking with a wide-toothed comb until top is smooth. Leave rest of hair loose.

tool kit



Pantene Pro-V Stylers Strong Hold Gel, \$6, drugstores. Wigo Detangling Comb, \$3, Ulta.



Alicia Keys



Hayden Panettiere

SINGLE BRAID

It's the perfect alternative to a standard ponytail (and more sophisticated than pigtails).

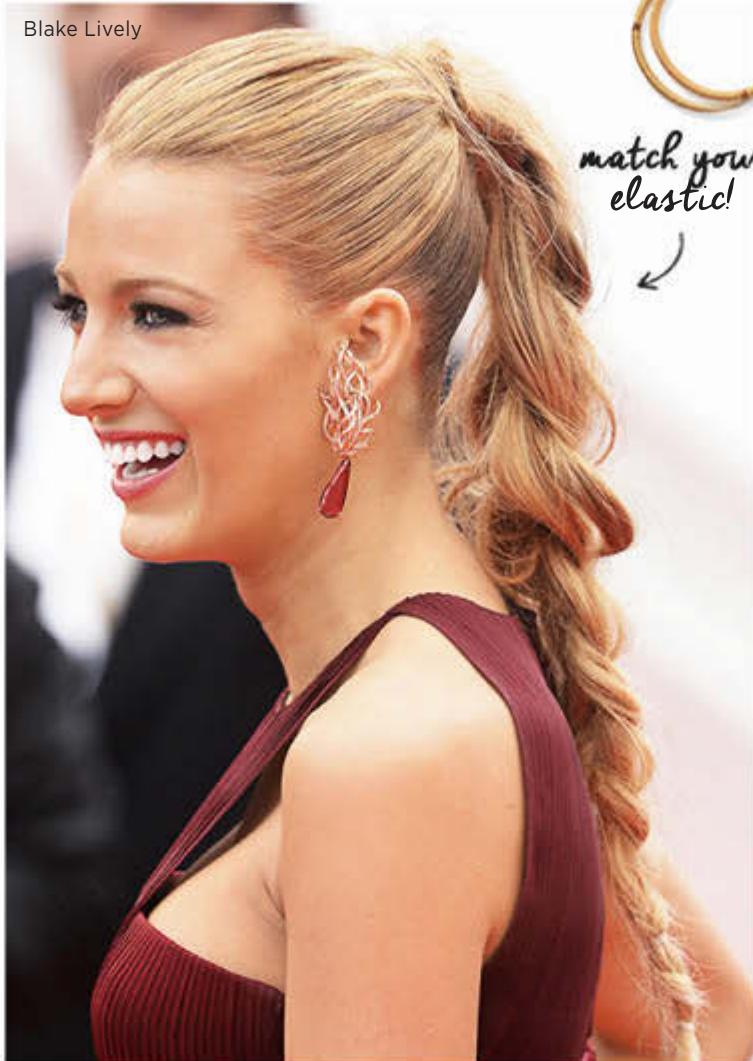
- 1. Boost hold** by working a dab of pomade or braid paste into hair.
- 2. Pull strands back** to one side (add a part if you like); start braid.
- 3. End here.** Secure at least an inch before ends with a hair-colored or clear tie.

tool kit



John Masters Organics Hair Pomade, \$20, johnmasters.com, or Redken Braid Aid 03 Braid Defining Lotion, \$25, redken.com.

Blake Lively



match your elastic!



Megan Fox



Kerry Washington



Kristen Bell

CÉLINE



VALENTINO



GILDED HALF-UP

A gold clip or two—even bobby pins work!—instantly elevates this 'do.

- 1. Tousle it.** Spritz texturizing spray on damp or dry hair, scrunching it in with fingers.
- 2. Section an inch** of hair from the front of each side (twist if desired) and pull back to top of nape of neck.
- 3. Go for gold.** Fasten with a clip or crossed bobby pins (add along twist for extra glitz).

tool kit



Suave Professionals Sea Mineral Infusion Texturizing Sea Salt Spray, \$5, drugstores. Mrs President & Co, Large O Barrette, \$56, nordstrom.com. Wire and Crystal Flowers Bobby Pins, \$7, claires.com.

RECYCLED JEANS AS HOME INSULATION? It's nontoxic, and it works. Try Bonded Logic UltraTouch Insulation.



CHIC LOW LOOP

Wear this cool, minimalist version of the ballerina bun to everything from playdates to parties.

- 1. Start sleek.** Brush a small dollop of smoothing cream through dry strands from roots to ends.
- 2. Do a pony.** Along natural part, pull hair into a low ponytail at the nape of neck.
- 3. Form the loop** by flipping tail up; tie with thin ribbon or leather.



DEEP SIDE PART

The fastest way to transform your look without a cut. And so glam!

- 1. Make a part.** Use the end of a skinny rattail comb to carve a clean part aligned with the center of one eyebrow, moving straight back.

- 2. Set in place.** Bobby-pin (or tuck) both sides of hair tightly behind ears. Mist the part with hairspray; let it dry. Remove bobby pins and tuck hair on the smaller side behind ear.



TRIED + TESTED Blow-Dry Accelerators

What if adding a product could save you styling time? Sounds counter-intuitive, but the new blow-dry accelerators claim to do just that. In a GHI test of 13, however, only the L'Oréal spray here noticeably reduced blow-drying time—by 15%. “It shortened my blow-dries by about a quarter!” a tester raved.

L'Oréal Paris Advanced Hairstyle Blow Dry It Quick Dry Primer Spray, \$5, drugstores.



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A MORE YOUTHFUL PROFILE STARTS WITH
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VOLUMA® XC

JUVÉDERM VOLUMA® XC is the first and only FDA-approved injectable gel specifically designed to add volume to the cheek area.

As we age, it's not just about lines and wrinkles. The face can also lose volume and sag. JUVÉDERM VOLUMA® XC instantly adds volume, creating contour and lift. It's the non-surgical filler doctors use to help restore a more youthful profile for up to

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Actual patient. Results may vary.

APPROVED USE

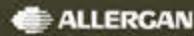
JUVÉDERM VOLUMA® XC injectable gel is for deep injection in the cheek area to correct age-related volume loss in adults over the age of 21.

IMPORTANT SAFETY INFORMATION

You should not use JUVÉDERM VOLUMA® XC if you have a history of severe allergies/allergic reactions, or if you are allergic to lidocaine or hyaluronic acid. The safety of JUVÉDERM VOLUMA® XC injectable gel for use during pregnancy or while breastfeeding has not been studied. The safety in people with a history of excessive scarring or pigmentation disorders has not been studied. Tell your healthcare professional if you are on therapy used to decrease the body's immune response, or using products that can prolong bleeding, such as aspirin, ibuprofen, or other blood thinners. The long-term safety of repeat treatments and the safety for use in people with very thin skin in the cheek area has not been studied. The most common side effects with JUVÉDERM VOLUMA® XC include tenderness, swelling, firmness, lumps/bumps, bruising, pain, redness, discoloration, and itching, and generally last 2 to 4 weeks.

To report a side effect, please call Allergan Product Surveillance at 1-877-345-5372. For more information, please see www.juvéderm.com or call the Allergan Medical Information line at 1-800-766-0171.

JUVÉDERM VOLUMA® XC injectable gel is available by prescription only. © 2014 Allergan, Inc. ® marks owned by Allergan, Inc. APC20DV14



Red, * BRIGHT * and BLUES

Sophia Bush, of the hit NBC cop drama *Chicago P.D.*, shows off spring's instant wardrobe updates in the Windy City

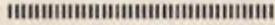
BY RACHEL BOWIE

PHOTOGRAPHS BY THAYER ALYSSON GOWDY

JACKET AS TOP

Lose the winter layers and wear this lightweight denim topper solo—no T-shirt required! Vivid accessories—a red bag, sexy shoes, a chunky over-the-collar necklace—punch it up.

Jacket, \$178, usa.frenchconnection.com. **Culottes**, \$225, 7forallmankind.com. **Earrings**, \$25, whbm.com. **Bracelets**, \$125 and \$180, ccskye.com. **Ring**, \$39, anntaylor.com. **Bag**, \$45, lanystyle.com. **Shoes**, \$110, guess.com.



ON LOCATION: *Antique Taco*





TOP AS JACKET

Add some sass to sweet florals with a loosely fitted chambray button-down. A center knot defines your waist.

BEAUTY NOTE A cherry lip tint subtly dresses up denim. We like *Burt's Bees Lip Crayon in Napa Vineyard*, \$9, *drugstores*.

Shirt, \$168, agjeans.com. Top, \$173, and skirt, \$240, absstyle.com. Earrings, \$58, cynthiaerbakoff.com. Bracelet, \$140, goldenthreadshop.com.

ON LOCATION: *Antique Taco*

BRIGHT Bags



\$168, bodenusa.com



Nila Anthony, \$29, lulus.com



\$50, target.com



\$120, mango.com

SPOTLIGHT ON...

SOPHIA

To train for her role as Erin Lindsay, a tough-as-nails detective on the NBC TV show *Chicago P.D.*, actress Sophia Bush, 32, relied on the expertise of local law enforcement (the real-life Chicago SWAT team) to get the details of her character right. Off-camera, she's a social-media maven with a flair for cooking and a fresh approach to fashion.

HOME STYLE I'm much more put together on a day off than when I go in to work. I love how fashion allows you to express your mood, whether you're wearing a high-waisted leather culotte, a cropped sweater and pumps or a vintage dress from the 1940s.

FAVE INDULGENCE Food! My family is mostly Italian, so if I could survive on bread, pasta and olive oil for the rest of my life, I would. Brunch is my specialty; I'll make really amazing thick-cut French toast, a giant frittata — and mimosas!

HIDDEN TALENT I'm an excellent packer. My friends always ask me to come over and help if they're going on vacation or a work trip. I have very good spatial perception. I can fit twice as much in a suitcase as anyone else.

INSTAGRAM OR TWITTER? Both! Instagram makes it easy to find out what people you truly care about are saying. On the flip side, I love that Twitter is always updating — it's a great way to keep up with current events. [Follow her on each @sophiabush.]

PERFECT SUNDAY MORNING Being home in Los Angeles, sleeping in and then taking my three dogs on a hike or going to a farmers' market.

CHEERY BLOUSE

A colorful top (with fun peekaboo trim) says a big hello to spring. Color cue: Canary yellow is the season's hot hue.

Top, Michael Michael Kors, \$145, michaekors.com. **Jeans**, \$239, paige.com. **Earrings**, \$110, sunaharamalibu.com. **Necklace**, Jessica Simpson Collection, \$58, belk.com. **Bracelets**, \$125 and \$150, ccskye.com.

ON LOCATION: Revolution Brewing Company



BRIGHT TOPS



\$79, chicos.com

Elia Moss, \$138, shop
nordstrom.com

\$49, oasis-stores.com

\$15, forever21.com

A WEAR- WITH- ANYTHING BLAZER

This tailored throw-on-and-go style works with, well, whatever you want. Here, it gives edge to jeans and a sporty tee (Go Bulls!). Add a strappy shoe, and you're weekend-ready!

BEAUTY NOTE Spritz hairspray into hands and run over hair to keep it fuzz-free. Try *Sexy Hair Smooth & Seal Anti-Frizz & Shine Spray*, \$19, sexyhair.com.

Jacket, \$40, oldnavy.com. Shirt, \$32, junkfoodclothing.com. Jeans, \$70, gap.com. Necklace, \$26, treschicny.com. Shoes, \$180, dolcevita.com.

ON LOCATION: Bang Bang
Pie & Biscuits





BRIGHT
SHOES



\$178, bodenusa.com



Belle by Sigerson Morrison, \$195, amazon.com



\$40, callitspring.com



Pleaser, \$80, shoebuy.com



\$79, ninemewest.com

UPDATED OVERALLS

This one-piece wonder from the 1990s is chic, not sloppy, thanks to a more refined cut. Make it extra fab with pretty heels and a French-girl top.

BEAUTY NOTE Fake porcelain-smooth skin with a mattifying moisturizer like *Olay Fresh Effects Swirled Mattifier*, \$10, drugstores.

Overalls, \$289, 7forallmankind.com. Shirt, Sundry, \$77, revolveclothing.com. Necklace, \$69, rachaelryen.com. Bracelet courtesy of Asrai Garden. Bag, Emma Fox, \$198, macys.com.

ON LOCATION: Asrai Garden

SECRET GARDEN

Floor-to-ceiling florals decorate **Asrai Garden's** Wicker Park shop. Go for fresh-cut stems and leave with one-of-a-kind gifts. asraigarden.com



HOT HOTEL

A nightlife destination for locals, **The Public** offers rooms that are sleek and affordable (rates start at \$175 a night). Sip cocktails at the hotel's recently renovated **Pump Room**, above, famous for being a favorite hangout of Hollywood legends such as Frank Sinatra and Lauren Bacall. publichotels.com/chicago



RETAIL THERAPY

An Etsy shop turned brick-and-mortar store with an art gallery feel, **Tusk** is stocked with a mix of quality vintage clothing and accessories plus locally made items. tuskchicago.com

48 HOURS IN

CHICAGO

Known for its frigid winter temps, this Midwestern city (with stunning Lake Michigan views!) thaws out in spring to reveal pristine beaches, modern architecture and plenty of style



The best pie and biscuits you'll ever taste are at **Bang Bang**. Trust us! bangbangpie.com



A FLIRTY NECKLINE

Hit the town in breezy style! This off-the-shoulder look is the ladylike way to show a little skin.

Dress, Alexa Chung for AG, \$228, agjeans.com



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culturelle.com

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† BASED ON THE NUMBER OF LACTOBACILLUS GG CLINICAL STUDIES, AS OF AUGUST 2014.

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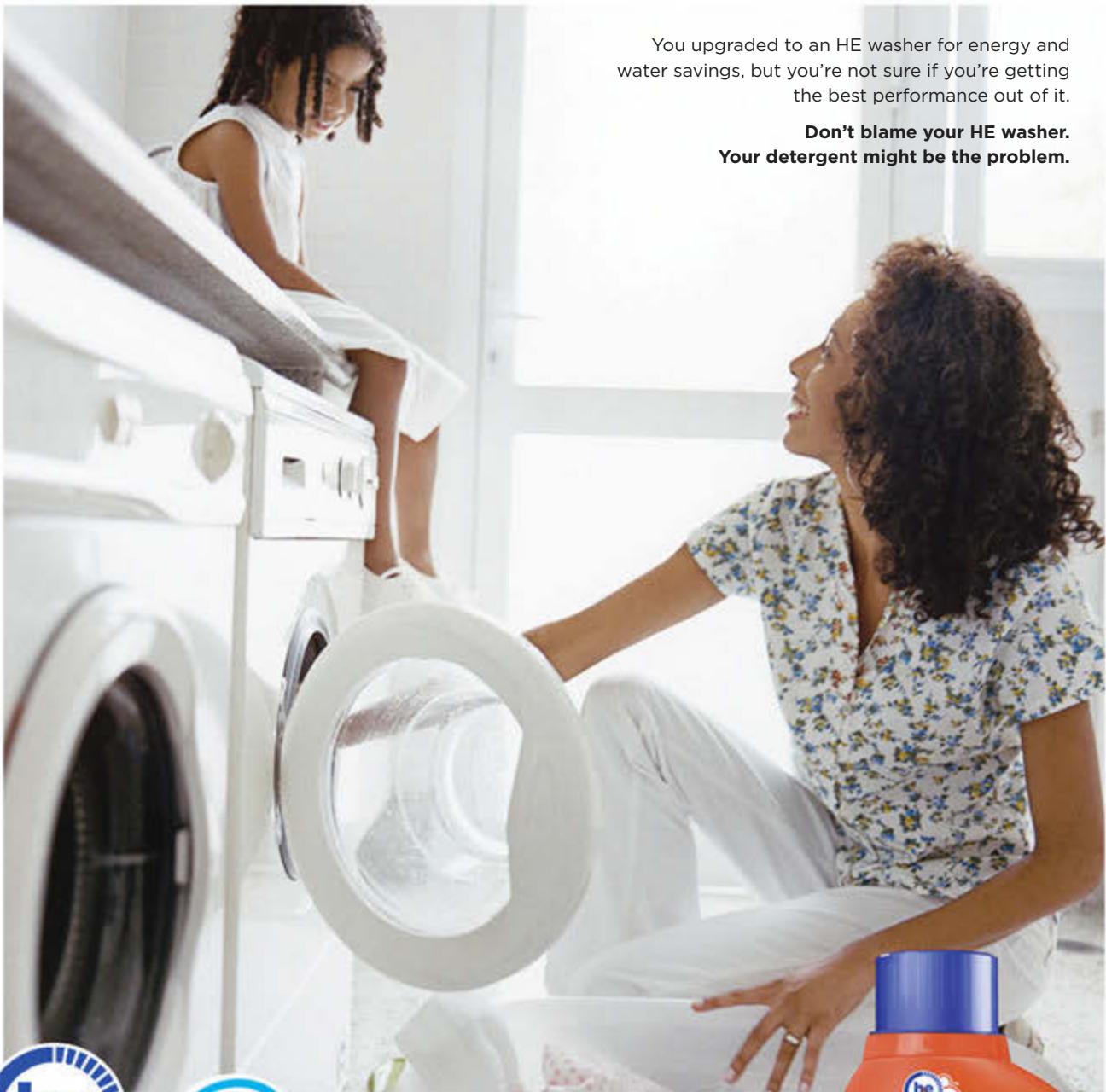
GREAT WALL OF CHINA

Raid your hutch or scour the flea market for barely used wedding dishes and pretty plates to create a stylish gallery wall

HOW-TO

Using a mix of sizes and patterns, lay plates on the floor to decide placement (avoid a grid, which can look stuffy). Adhere D-ring picture-frame hangers onto the backs of dishes with epoxy glue. Once dry, hang on nails.

THE TRUTH ABOUT HIGH EFFICIENCY



You upgraded to an HE washer for energy and water savings, but you're not sure if you're getting the best performance out of it.

**Don't blame your HE washer.
Your detergent might be the problem.**



HE Turbo



HE Safe

Did you know that HE safe does not mean that a detergent has been specifically designed for HE washers? In fact, HE safe detergents can actually hold back the performance of your washer.

HE Turbo is a new standard for high efficiency detergent, specifically designed for HE washers for a fast and powerful clean. HE Turbo's Smart Suds™ rinse faster than traditional HE safe suds—**shaving up to 25 minutes off of every load.** Plus, HE Turbo attacks dried-in stains better for a fresher, brighter clean.

Look for HE Turbo on Tide, and get more out of your HE washing machine.



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by leading washer
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SAVE UP TO 25 MINUTES IN YOUR HIGH EFFICIENCY WASH CYCLE.

*HE Turbo's Smart Suds™ collapse faster to save up to 25 minutes a wash
in your high efficiency machine. Look for HE Turbo on Tide.*

tide.com/he



ON THE HOME FRONT...



SARAH RICHARDSON
HOME DESIGN DIRECTOR

"Here comes the sun! April means Easter and the start of all things alfresco—which makes my little outdoor bunnies smile!"

FOLLOW ME @SarahRichardsonDesign



GILT-FREE SHOPPING

The flash-sale site Gilt hits a home run with its new decor shops. Score big style on a small budget with discounted pieces like this bold canary yellow chair.

\$809, gilt.com

WHAT WE'RE EXCITED ABOUT THIS MONTH



OVER-EASY CENTERPIECE

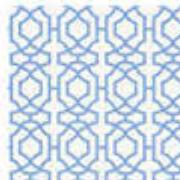
Dyed eggs become instant showstoppers in a porcelain egg plate from JCPenney. PS: This dish is a Seal holder! Check out more of the store's home line, celebrating its one-year relaunch anniversary, for more Institute-approved staples.

\$15, jcpenney.com



THE \$60 MAKEOVER

For a fresh twist, paper your "fifth wall" (ceiling). Patterns work best, as abstract designs can be distracting. See the three great picks below.



Alston Trellis by Thibaut, \$53 per roll, thibautdesign.com



Aranami by Farrow & Ball, \$225 per roll, farrow-ball.com



Graham & Brown, \$30 per roll, homedepot.com



HOP ON IN

Welcome guests (and a certain bunny!) with a seasonal mat. **\$98, garnethill.com**



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HAVE A QUESTION? E-MAIL SARAH@GOODHOUSEKEEPING.COM.



Sarah Richardson
Home Design Director
[@SarahRichardsonDesign](https://www.instagram.com/SarahRichardsonDesign)

Q

I have an open-concept home. How do I know which wall to paint as my accent?

Focus on the wall your eye goes to first when you enter the room—in most cases, that's the best pick. You can also get creative by treating your fireplace as your accent. It's the anchor of the space and a fun place to experiment with bold color or even wallpaper, like the striped one I used at right. Another option: Paint or paper the wall that hosts a "statement" piece of furniture, like a credenza in the living room or your bed in the master, for a visual kick.



SEASONAL SWAP-OUT

The calendar says spring, but the breeze through your open window may still be cool, so keep a throw on hand. I like to pack up woolly winter cozies and use lighter, brighter cotton versions in warmer months.



Herringbone throw, \$243, brahmsmount.com



Modern feels friendly in soft textures.

Q

I live with my fiancé, but our styles clash. How do we make our home reflect both our personalities?

First, accept that you'll need to compromise to create a cohesive home you'll each love. Then focus on where your preferences overlap. Do you both gravitate to a specific color palette? There's your foundation for walls and rugs. Could you combine your individual likes into something new? Say he wants sleek modernism and you prefer vintage—consider streamlined pieces in warm wood (at left, choices that made my clients happy). Be open, and you'll create a home that is uniquely true to the two of you.



1 **BLUSH HUTCH**
Pink quietly shines when painted onto an anchor piece, like this sideboard from designer Justina Blakeney's book *The New Bohemians* (out April 15).



21 ways to do PASTELS

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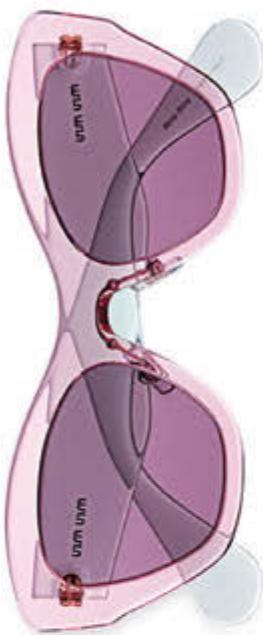
Deck | Porch | Rail | Trim | Moulding | Pavers

AZEK.com

2

EYE CANDY

See the world through (chic) rose-colored Miu Miu glasses. **\$300, net-a-porter.com**



3

PRETTY IN PINK

Pair this shorter-sleeved DKNY coat with long, ladylike gloves for an extra-glam look. **\$795, pinktartan.com**



4

PROPOSE A TOAST

Add a cool old-school touch to your kitchen with this retro Smeg toaster in sky blue. **\$140, westelm.com**



5

FLOWER CHILD

Spring is always in bloom with a pretty printed floral pillow. **\$70, caitlinwilsontextiles.com**



6

PUT A RING ON IT

A mini gold-and-aqua dish is a sweet ring holder for a bride-to-be. **\$30, suiteone studio.com**

7

BLANK SLATE

Pastel pillows and lampshades pop prettily against a neutral gray sofa.



try:

**TOUCH OF BLUSH**

Kelly-Moore Paints

\$35 per gallon, kellymoore.com**GENTLE WIND**

Valspar

\$34 per gallon, valsparpaint.com**EARLY FROST**

Glidden

\$26 per gallon, glidden.com

8

MODERN MINT

This heathered-weave tufted couch is a breath of fresh air.

\$1,099,
westelm.com



INSULATE YOUR ATTIC. If every American homeowner did, we'd prevent 12 million tons a year of heat-trapping emissions.



WELCOME — HOME —

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nights you'll remember.



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your name in support of our soldiers and their families. For details, visit Belgard.com/Home

9

BEAUTY BEADS

Run a brush over Guerlain's Meteorites Perles de Blush for a luminescent rosy glow. **\$53, saksfifthavenue.com**



10

NAIL IT

Paint on pastels, like Essie's Blossom Dandy, for an Instagram-worthy mani.



11

NEED THAT BAG!

Its relaxed shape, cool zippers and a posh hue make this Cynthia Rowley stunner a hall-of-fame piece. **\$345, cynthiarowley.com**



12

SWING THING

A flexible arm lets you shed just the right light for bedside reading. **\$95, shop.onefortythree.com**



13

ELEGANT ENAMEL

Typically reserved for camping, the tumbler gets a party-worthy update in a sophisticated shade. **\$14, brookfarmgeneralstore.com**



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www.caesarstoneus.com

14CA054-14-119705-1

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14

SUNSET STROKES

This print of artist Jenny Prinn's hand-painted piece *Musing 027* looks like summer. \$55, jennyprinn.com



15

GRAVITY FOE

Stave off wrinkles and put an end to puffiness with Vichy's Idéalia Eyes serum. \$31, vichyusa.com



16

WELL-HEELED

Strut your stuff in Dee Keller's Portia suede pointed-toe pumps. \$298, 415-409-6850



17

CAKE BOSS

Finally, cupcakes get the throne they deserve. \$80, shopwaitingonmartha.com

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18

TAKE A WHIFF

White tea, sheer bamboo and lush orchid merge in this lovely and unique scent.
\$54, libraryofflowers.com



20

DINNER-PARTY STAR

Metallic-striped linen napkins in proper pink will wow every guest.
\$30, leifshop.com



21

BOLD BUCKET

Soft green turns this trendy Milly piece timeless.
\$365, bloomingdales.com



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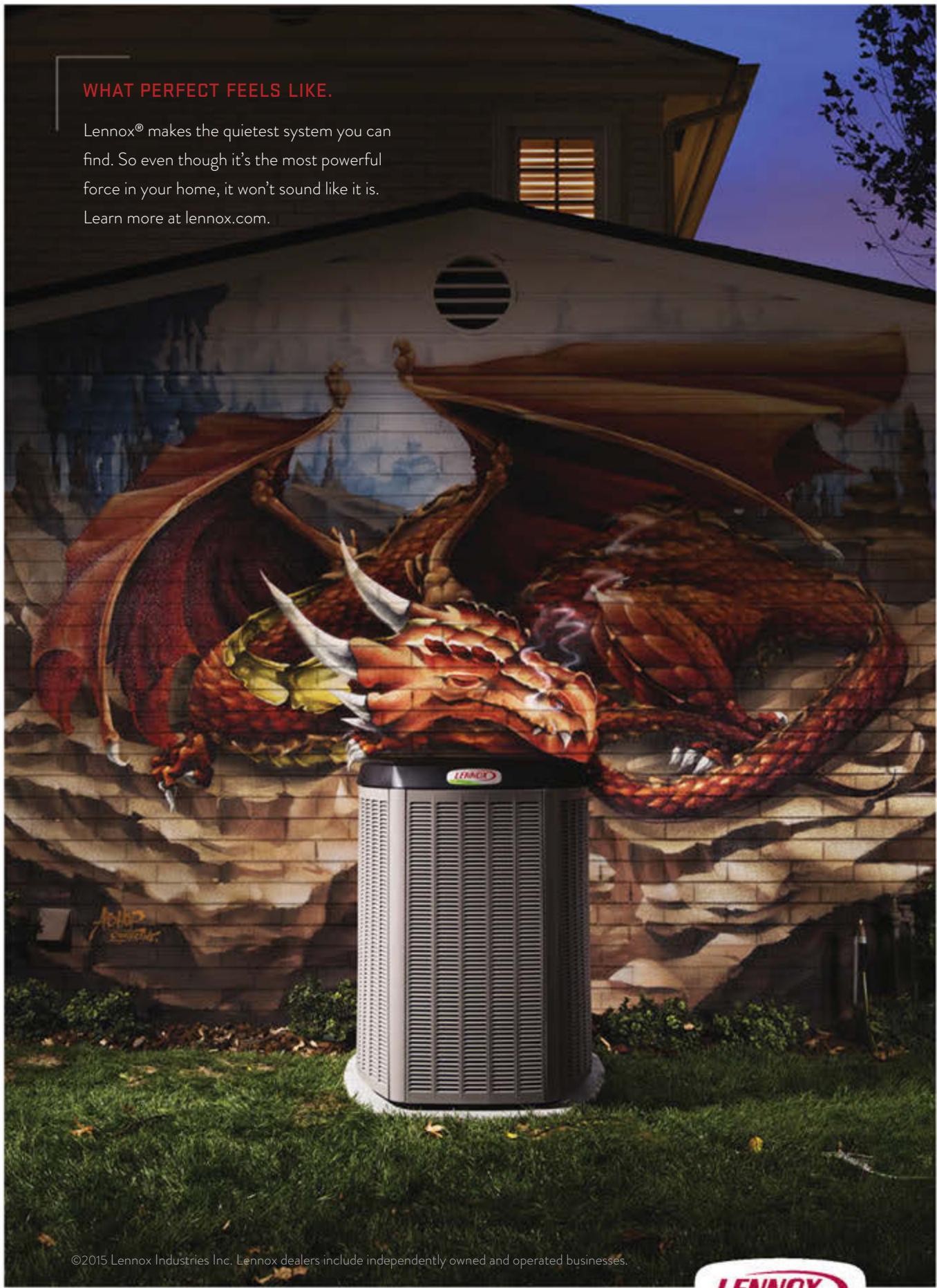
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NEWSPAPER BAG → **SHOE SLEEVE**

Packing? Slip a sack over each shoe. Bon voyage!

THE PROBLEM

How do I remove my child's hardened school glue from...

3 SOLUTIONS

A GRANITE COUNTER?

School glue is water soluble, so place a damp towel over the area to soften glue, let set 20 minutes and wipe.

SYNTHETIC CARPET?

Dampen area as above. Using a microfiber cloth wet in H₂O, carefully rub in a circle one way, then in the other. Don't use hot water or solvents; they can actually fuse glue to the carpet's fibers.

A PAIR OF SCISSORS?

Soak in bowl of warm H₂O overnight. Rinse under running water, rubbing with fingers.

Q

How do I soften hard, scratchy towels?
I've read that fabric softener can be the cause—true? What can be done? —N.L.

It could be a couple of things. The culprit may be a buildup of mineral deposits from hard water (if you don't have a water-softener system). To lift deposits, wash towels in the hottest water possible and 1 cup household ammonia (nothing else). Also, be sure you're not overstuffing your washer—doing so prevents a full rinse, leaving detergent residue and dirt that can make items feel like sandpaper. As for fabric softener, it doesn't usually leave towels scratchy, but it can lessen absorbency because it coats the fibers so water rolls off (like water off a duck's back); the hot H₂O/ammonia trick may get rid of it.

Mineral deposits from hard water can build up and make towels scratchy.



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36 QUICK LITTLE MAKEOVERS & DESIGNER TRICKS

FOR ANY ROOM

Small reno budget? No worries. Using vintage finds and insider style secrets, our home design director, **Sarah Richardson**, transforms a drab main floor into a sunny space the whole family can enjoy



WARM WELCOME

Dress up a stairwell wall by attaching tongue-in-groove paneling. A vintage console table, like this \$90 beauty, shines with pretty accessories.

BRICK TRICK

Lighten the facade of a dated redbrick fireplace with white or cream paint for a seamless blend with the rest of your living space.

Pillar candles give the glow of a fire—without the heat



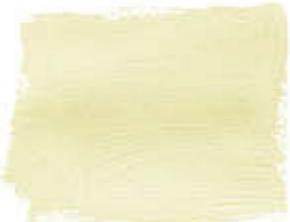
SHADE UPGRADE

The pleated valance softens stark plantation shutters. A pair of \$30 tables flank a couch piled with pillows (a quick karate chop on top, and they're company-ready).



PRETTY PALETTE

Paints and patterned fabrics in spring accent colors set a happy tone for your space.



Pale Hound, Farrow & Ball, \$97 per gallon, us.farrow-ball.com



Light Blue, Farrow & Ball, \$97 per gallon, us.farrow-ball.com



Suburban Home for Duralee, \$59 per yard, duralee.com



Spice Market by Tonic Living, \$20 per yard, tonicliving.com



DINE IN STYLE

Give your dining room an alfresco vibe with splashes of yellow and bistro-inspired chairs. Hide unsightly heating grates under prefab radiator covers for a bonus surface that doubles as a buffet.



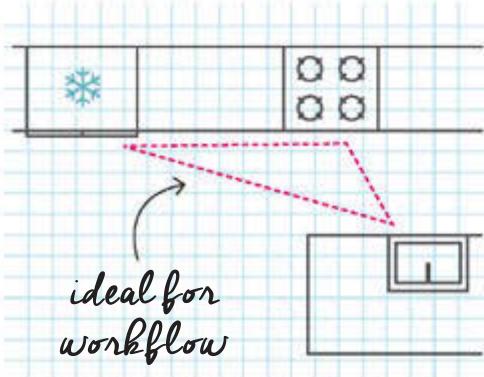
SETTING UP THE kitchen

It's your most-used room, so updates to the kitchen should be all about maximizing square footage and family time.



BEST KITCHEN LAYOUT

A standard kitchen-design rule for functionality is to create a triangle between major appliances.





RECIPE FOR STYLE

Simple touches help create the functional, stylish space you crave:



SWEET SEATS

Perch on stools for a casual breakfast, then tuck them out of the way for the day.



DOUBLE-DUTY OVEN

An oven-and-microwave combo nestles neatly out of sight below the counter.



CLEAN ACCESSORIES

Stainless steel canisters lend understated chic.

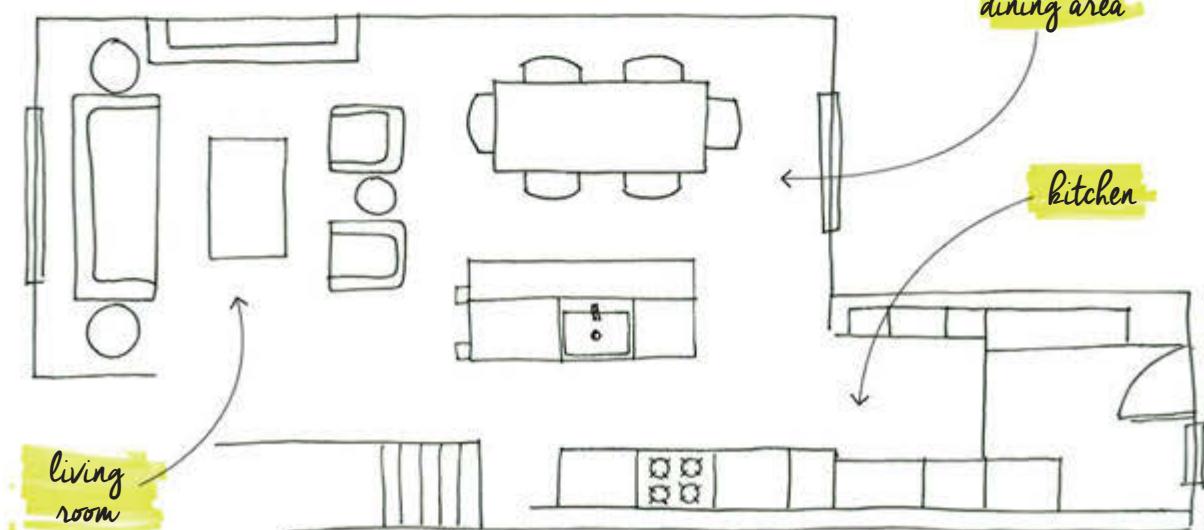


ENTERTAIN WITH EASE

Visually separate living areas with pillars topped by antique corbels (decorative supports)—a flea-market find that adds a dose of vintage character.

CREATE BREATHING ROOM

If it's within your budget, consider opening up your main floor to allow a freer flow between your living, cooking and dining zones. When the walls come tumbling down, family community (and fun!) is enhanced.



GET THE *look*

Big and little ideas to keep your dream decor on budget

TABLE SETTING



Linen napkin, \$8,
crateandbarrel.com

KITCHEN



Cabinetry, ikea.com
for pricing

KITCHEN



Crystal chandelier, \$260,
homedepot.com

KITCHEN



Stainless steel canister,
\$8, cb2.com

DINING ROOM



Rattan chair, \$90,
ikea.com

TABLE SETTING



Dinnerware set, \$120 for
set of eight, jcpenney.com

LIVING ROOM



Pillow, \$18,
jcpenney.com

DINING ROOM



Bronze chandelier, \$113,
homedepot.com

KITCHEN



Stool, \$100,
pier1.com



SKIP THE SPRINKLERS. Soaker hoses and drip irrigation water your lawn more efficiently.



EASTER



Deviled Chicks

PARTY PEEPS

Traditional deviled eggs? Please. A few tweaks transform the classic appetizer into an adorable crowd-pleaser. [recipe, page 146](#)



Tip

Use a
resealable
plastic bag to
pipe the filling.



Tip

Chill until the chocolate sets, or the nests will be sticky.



Chocolate Nests

EDIBLE PLACE MARKERS

The secret ingredient: chow mein noodles, transformed into tasty perches for candy-coated chocolate eggs.

recipe, page 146

An Egg-cellent Centerpiece

THINK OUTSIDE THE SHELL

Crack eggs with a knife and drain to create a sweet vase for mini buds, like ranunculus. Group in an egg carton for a charming garden effect.





Tip
Vary the color intensity by adding more or less water.

Dip-Dyed Marshmallows

CLOUDS OF COLOR

In mini muffin pan, dilute liquid food colorings with water. Using toothpick, dip marshmallow into coloring, then spin to shake off excess. Stick toothpick into Styrofoam or egg-carton back to allow marshmallow to dry. Then move toothpick to other end; repeat dyeing and drying.



A TASTE OF SPRING

Curtis Stone, Aussie celeb chef and father of two, shares mouthwatering dishes—triple-tested in our kitchens—that celebrate both seasonal ingredients and warm family gatherings

Curtis in the kitchen with son Hudson



Baja SALAD

recipe, page 141



Tip From the Chef

Put a surprise in your salad: The homemade quick-pickled onions here burst with tangy flavor, and their pickling liquid adds zip to the vinaigrette.



Spaghettini with
**LEMON &
RICOTTA**

recipe, page 142





HOME COOKING

Curtis Stone is all about family. He named Maude, his seasonally driven restaurant in Beverly Hills, in honor of his granny, whom he credits with opening his eyes to cooking. Helping measure sugar and butter for her fudge is one of his first—and sweetest—memories.

Overseeing the restaurant, appearing on Food Network's *All-Star Academy* and creating recipes for his cookbooks all claim much of Curtis's time. Highest on his priority list, though, is sharing meals with his wife, actress Lindsay Price, and sons Hudson, 3, and Emerson Spencer, 6 months.

"Making dinner should be driven by the pleasure you get from eating with your family, not by standing in the kitchen for hours," he says. (That's why his dishes are so quick to prep!)

Cook like Curtis:
For high-flavor spring veggies, simmer in broth until tender: "It's so simple, and you don't lose any of their taste."



Quick-Braised SPRING VEGETABLES

recipe, page 142



Tip From the Chef

Peas are Curtis's favorite spring ingredient. "They're versatile and easy to prepare: sweet little peas, smothered in butter, that pop in your mouth...what's not to love?!"

Chicken **CHILE VERDE**

recipe, page 143



Tip From the Chef

Don't skip the toppings: Lettuce adds crunch, avocado, creaminess, and lime, a citrusy zing.



WEEKNIGHTS, SIMPLIFIED

"I know it's not easy to get dinner on the table after a mad day," admits Curtis. But little shortcuts can help: To cut down on cooking and clean-up time, slice beets thinly, roast a few minutes, then add salmon to the same pan and roast together. Or, make part of a dish ahead, like the vegetable puree for the Chile Verde (opposite).

ROASTED SALMON & BEETS

with Herb Vinaigrette

recipe, page 144

GARDEN INSPIRATION

In his tiny, 25-seat restaurant, Curtis creates a new tasting menu based on a single ingredient each month—asparagus is the star in April; next up, it's almonds. But when he's at home in Hollywood, Curtis relies on his own garden—bursting with artichokes, radishes, lettuces, a multitude of herbs and more—in deciding what to cook for his family.

"Hudson is my chief gardener," says Curtis. "He gets such a kick out of planting a seedling, watching it grow, making sure it gets enough water, etc. He's super-adventurous when it comes to eating vegetables: If he's grown it, he'll try it."

This lends real-life proof to studies that show gardening can increase kids' willingness to sample new veggies. No backyard? Try growing your greens in a sunny window box.

With only 15 minutes of prep, this quick dish, with its "crust" of minced herbs (chives, tarragon and parsley) and layer of roasted beets (use any color), is company-worthy—and leaves you plenty of time to party!





Enter for a
chance to
**WIN THIS
BOOK!**
SEE PAGE 148 FOR
MORE DETAILS



GOOD FOOD, GOOD LIFE

The easy recipes in Curtis's sixth cookbook (including the ones here) reflect what he likes to serve at home throughout the year—and are sure to hit your family's rotation of favorites, too.

Curtis and Hudson make Walnut-Date Muffins for "brekky" or buzz up just-picked greens like spinach and chard for Good Morning Juice. "Hudson thinks there's a bunny in the juicer that chomps up all the veggies," says Curtis.

Trickier restaurant recipes like Sesame Shrimp Toasts (serve as an appetizer or a meal) are adapted in the book so that even kitchen novices can pull them off. And when dinner is done, you'll want to bite into Chocolate Salted Caramel Kisses, a sweet Curtis's mom used to sneak into his lunch box when he was a boy. Delicious!



"Once you have the meringue base, you can make many different variations," Curtis says. "You can change the fruit seasonally: strawberries in spring, blackberries and blueberries in summer, apples and pears in fall, citrus in winter."

Pavlova with
**STRAWBERRIES
& RHUBARB**

recipe, page 145



Tip From the Chef

Check your oven temp with a thermometer to ensure that your pavlova will bake perfectly, with a marshmallowy center and a crisp exterior.

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HOW THEY DID IT

EARTH BEAUTIES

Sarah Buscho and
Marina Storm's
eco-friendly skin-care
line is in full bloom

BY RACHEL BOWIE

Marina, *left*,
and Sarah in
New York City
for their debut



Lianna Tarantin

FOOD WASTE accounts for a large amount of emissions from landfills.
For an easy composting how-to, go to goodhousekeeping.com/compostdiy.



Sarah and Marina handpicking calendula blossoms for products in Sarah's garden

AT THE OHLONE CENTER of Herbal Studies in Berkeley, CA, in 2007, aspiring herbal-medicine practitioners Sarah Buscho and Marina Storm learned they shared the same hobby: Both spent hours concocting homemade body oils and face creams using herbs from their gardens. “When you’re allergic to synthetic, perfumey products, you search for alternatives,” says Sarah, who grew up with sensitive skin, as did Marina. Frustrated by the dearth of luxe-feeling natural skin-care options on the market, they teamed up to sell their creations. “People are realizing that eating whole foods equals a healthy body,” says Marina. “We want them to make that same connection with their moisturizer.”

In 2010, the pair got to work in Sarah’s tiny apartment kitchen, developing a line of lotions and serums that soothe the skin and don’t irritate conditions such as psoriasis and rosacea. Two years later, their brand, Earth Tu Face, was born. Adored by celebs (like Alicia Silverstone), their potions are available online and in shops around the world (and, as of this month, at a new flagship store in Oakland, CA). We asked the green-thumbed ladies to share their recipes for healthy skin — and success.

PLANTING THE SEED While still at Ohlone, Sarah and Marina began testing salt scrubs on themselves and selling them at farmers’ markets, catching the eye of a buyer from a boutique in nearby Napa Valley. “They bought all our inventory,” says Sarah. “We realized that if we were going to create a skin-care line, we needed to figure out logistics.”

BUSINESS 101 To get started, they “invested savings from previous jobs, lived on a shoestring and ate a lot of food from our gardens,” says Sarah. Adds Marina, “Prelaunch, we were creating products, talking to manufacturers and learning Web skills.” Sarah even found a \$10 online tutorial on how to write a business plan. In 2012, helped by friends with media contacts, they introduced their line at a party in New York City.

PACKAGING PROBLEMS “In the beginning, the packaging was not fantastic. It was super granola,” says Sarah. They worked with a designer to come up with something luxe-looking, which helped, though there were other challenges. For one of their salt scrubs, “We had trouble finding lids that wouldn’t leak,” says Sarah. They also wanted to use green materials. For their best-selling Skin Stick, *above right*, they worked with a paper company to develop something biodegradable. “People often don’t recycle their plastic lip balm containers,” Marina notes. “Our Skin Stick is a zero-garbage [totally recyclable] product.”

PERFECT TEAM The Earth Tu Face office is based in Oakland, but “we still source some ingredients from our gardens,” says Marina, “like the lavender, calendula and rose petals in our exfoliant mask.” Sarah stores some of the essential oils they use in a mini fridge at home: “You want to keep them cold.” Two years into their business, they’ve learned they can depend on each other: “It’s great, when you’re freaking out, to have someone to call who totally understands the challenges,” says Marina.



Earth Tu Face Shower Gel, *left*, and Skin Stick, a solid moisturizer for the lips, face and body

SARAH BUSCHO & MARINA STORM

Age: 34 (Sarah); 35 (Marina)

Current city: Oakland, CA

On productive brainstorming:

“We hike three mornings a week and use the time to talk,” says Sarah. “It’s much nicer than being in the office!”

On staying focused:

They keep goals tacked up on a bulletin board at work. “Seeing them daily means you don’t forget them,” Marina says.

On being a good business partner:

“Trust and respect each other,” says Marina. “We know to put our egos to the side to think about the bigger picture.”

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Liz Gorman's daughter, Maddie, four months after beginning her unorthodox treatment

HOW FAR WOULD YOU GO TO SAVE YOUR CHILD?

When doctors couldn't stop her daughter's life-threatening seizures, Liz Gorman made a radical choice to pursue a highly controversial, totally untested new treatment **BY GINNY GRAVES**

IT'S DINNERTIME AT LIZ GORMAN'S sparsely furnished rental home in Colorado Springs. Her daughter, Maddie, 8, is strapped into her high chair, holding her favorite toy, a pink plastic teapot, and watching *The Wiggles* on TV. In this episode, a character named Miss Polly is having her ailing doll examined by "Dr. Sure." "Miss Polly had a dolly who was sick, sick, sick, so she called for the doctor to come quick, quick, quick," sings Liz, 36, a pretty brunette, as she tries

to sneak a morsel of chicken into her daughter's mouth.

Maddie waves the teapot, agitated. "Ha," she says.

"Hard. It *is* hard," replies Liz sympathetically. Maddie has been coming off of one of her medications and is not her usual smiley self.

Liz leans in and rests her cheek against her daughter's. "I love you, monkey. Would you like some cookie?"

"No!" says Maddie, hurling the tidbit. Liz

sighs. The sun has set outside their picture window, obscuring the view of the Rockies' Front Range, where she often runs to clear her head. In 40 minutes, Maddie has had five bites of chicken, a few grapes and a cup of coconut-pineapple juice. "Eating is always dicey," Liz says. "But she's actually gained five pounds in the last year."

Maddie has Lennox-Gastaut syndrome (LGS), a severe form of epilepsy that strikes about two in 100,000 kids a year. Since her seizures began when she was 2,

Liz and her husband, Brandon, 37, a Marine Corps infantry major, have tried everything mainstream medicine has to offer, from 14 antiseizure medications to a high-fat, low-carb ketogenic diet. In 2013, in an attempt to stop the 100 or so spasms that seized her body every day, Maddie underwent risky surgery to separate the two hemispheres of her brain, a procedure that can interfere with the neural electrical transmissions that cause seizures.

Nothing worked for more than a few months—and the relentless seizures and potent medications stunted Maddie's development. "She was bright and curious," says Liz; as a tot, she'd been speaking in phrases, dancing to *The Wiggles* and kicking a soccer ball. "But with the seizures, she lost some of her skills."

LOOKING FOR A MIRACLE

Totally desperate, 16 months ago, the Gormans took a major leap of faith: Liz and her daughter moved to Colorado from their home in North Carolina, leaving everything behind—Brandon, whose career supports the family, as well as Liz's parents, siblings and friends—to get access to a controversial new treatment that's having stunning results in some children with serious epilepsy for whom standard medicine has failed.

So what is this groundbreaking therapy? It's medical marijuana—specifically, a pungent green cannabis oil called Charlotte's Web (see page 78). Made up mostly of cannabidiol (CBD), an antioxidant, and containing trace amounts of THC too small to create a high, it seems to reduce seizure activity in the brain for reasons doctors don't yet fully understand. Dozens of children with intractable epilepsy have dramatically improved on it—including Maddie, who takes one drop in the morning and one at dinner and now suffers just a few seizures a day rather than 100. "This treatment," says Liz, "has been the biggest blessing of our lives."

Yet it's clouded by controversy. Though medical marijuana has been recommended for adults for years to combat conditions like glaucoma and pain, its use in kids is less common. "We don't know what it does to the developing brain. No one has studied it," says Columbia University Medical Center neurobiology expert

Margaret Haney, Ph.D. Added to that, medical marijuana is legal in only 23 states and Washington, DC—and Charlotte's Web is available only at two dispensaries (and one store) in Colorado and one in California.

Still, when word spread in 2012 about the "miracle" oil curing children's seizures, families began flocking here; now Colorado Springs is home to as many as 300 medical-refugee families, according to Realm of Caring, a nonprofit that helps parents obtain the oil for their children. Liz, a conservative Republican who had never thought much about medical marijuana legalization prior to Maddie's illness, has become an outspoken advocate for it. Charlotte's Web isn't "pot for tots," she says: "My daughter isn't getting stoned. This oil has given us hope."

A MOM'S ANGUISH

Maddie's seizures began after about a year of chemotherapy for infant acute lymphoblastic leukemia, a fairly rare illness with a less than 50% survival rate. Through her own personal research, Liz learned that a small percentage of kids could develop seizures after treatment as a result of chemotherapy. So when she was changing Maddie's diaper one night and Maddie's eyes darted rapidly to the side—a signal she was having a seizure—Liz was concerned. "When I mentioned it to our doctor, I could tell he was worried," she says.

After several tests, including an EEG of Maddie's brain, doctors ordered an antiseizure drug; when that didn't work, they added another, then layered on high-dose anti-inflammatory steroids. (Research shows that seizures may be triggered by inflammation.) But Maddie's episodes continued, and the drugs had nasty side effects. "Steroids can cause mood swings," recalls Liz. "Maddie barely slept and cried constantly."

Two months later, doctors diagnosed Maddie with rare, potentially life-threatening Infantile Spasms. A few weeks after that, the Gormans endured one of the most harrowing experiences of their lives when Maddie spiked a fever and was hospitalized with deadly sepsis. At 4 A.M., her blood pressure plunged, and her breaths became raspy and quick. As she lay on life support the next day, "the oncologist told us he didn't think she'd



Maddie in 2010, after an EEG

make it through the night," says Liz, tears spilling out of her blue eyes. "We asked everyone we knew to pray. That was my darkest moment. We almost lost her."

After three and a half days in the pediatric intensive care unit, Maddie began to recover, but she had "lost some of her sparkle. She wasn't as inquisitive, engaged or energetic," says Liz. At home, her decline continued. About six months after her hospital scare, after being put on a ketogenic diet, Maddie stopped walking and talking. "That was devastating," says Liz, but not as terrifying as what Liz learned over the next couple of years from Maddie's doctors and her own research: If Maddie continued having seizures, she wouldn't develop normally and could die.

Maddie's condition deteriorated. About three years ago, not long before doctors officially diagnosed her with LGS, she developed scary tonic-ataxic (tonic denotes "tone," or rigidity, and atonic "without tone") seizures. She'd stiffen, then go limp, dropping her chin to her chest; sometimes she'd stop breathing and turn blue. If she didn't come to after four minutes, Liz inserted a rescue medication into her rectum, "but I couldn't give it to her too soon, because it's so strong, it could make her stop breathing," she says. While Maddie was seizing, Liz caressed her cheek and whispered, "Come back to Mommy."

The awful seizures gripped Maddie five or more times a day and left her so exhausted, she'd sleep for an hour afterward. "She'd be seizing or sleeping. Not learning, playing or growing," recalls Liz,

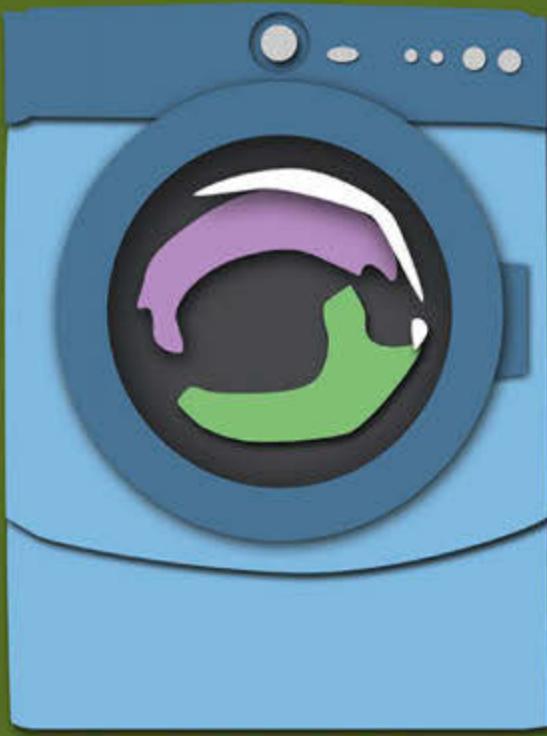
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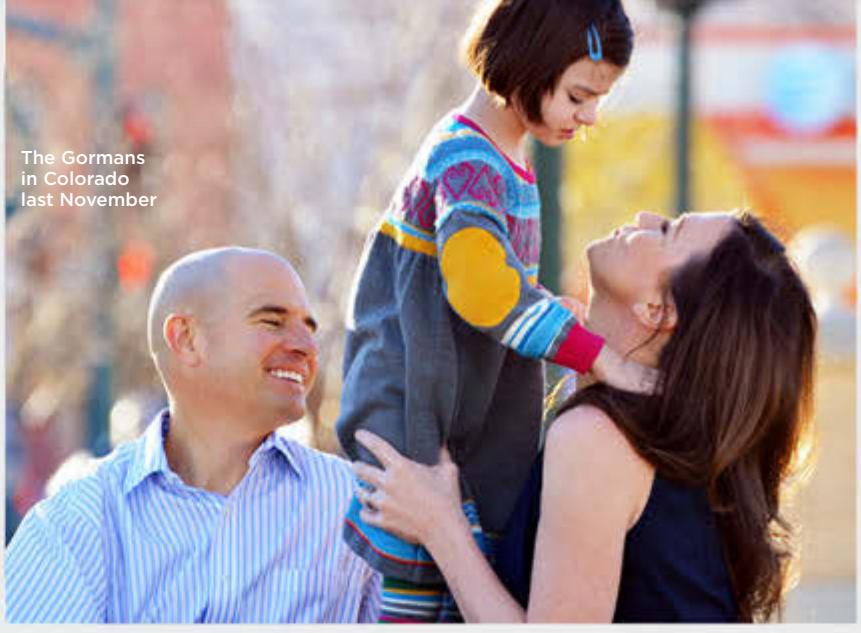
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The Gormans
in Colorado
last November



tears flowing again. "Brandon was deployed part of that time, so I was often in full-on crisis mode."

Liz tried to stay strong. "My wife is tough," says Brandon. "This is a woman whose husband has deployed to combat four times." Still, the ordeal took its toll. She had nightmares about losing Maddie, and her hair began to go gray. Managing everything alone while Brandon was away was also brutal. Fortunately, Liz's mom, Bea, visited once a month to help. With her mom there, Liz carved out time to run every day, "outdoors with Maddie in the stroller in the morning or at night on my treadmill, to keep me sane."

OUT OF OPTIONS

Four and a half years after Maddie's seizures began, the Gormans reached an impasse; nothing seemed to be working. Treatment-wise, they had two options left: brain surgery or Charlotte's Web, which Liz had heard about on Facebook in 2012. "We opted for surgery," she says. "That's how much of an establishment parent I am. I chose to let someone cut into my daughter's brain — a treatment my doctor endorsed — rather than try something that's never been assessed in a trial."

The surgery brought three months of relief. But when the spasms returned, Liz didn't hesitate. Already in touch with parents on a Charlotte's Web Facebook page, she began reaching out for advice on how to make an immediate move to Colorado. In October 2013, Liz, her mom and Maddie flew there to look at rental homes and begin the application process for Maddie's medical marijuana card. Colorado law requires two physician "recommendations," Liz explains, to secure a card for a person under the age of 18. She took Maddie to two doctors for exams, got the recommendations and filed an application.

Six weeks later, just before Christmas, Maddie, Liz and Bea flew to Colorado while Brandon drove a U-Haul full of their things cross-country. The very next day, armed with Maddie's new medical

WHAT IS CHARLOTTE'S WEB?

THE SOURCE Derived from a strain of high-CBD, low-THC marijuana first cultivated in Colorado, Charlotte's Web gets its name from Charlotte Figi, now 8, the first American child to be treated with it. Right now it's available only in Colorado and California, though growers in several states are developing plants with similar properties. This spring, lawmakers plan to reintroduce a bill in the House of Representatives that would legalize it.

IS IT SAFE? According to Realm of Caring, cofounded by Charlotte's mom, Paige, data on the oil's effects comes mostly from parent reports. Better info should be available soon, says the University of Colorado School of Medicine's Edward Maa, M.D., who's overseeing the nation's first observational clinical trial on it: "From what we know, it appears to be safe. But we need more data."

marijuana card, which had arrived at their new home by mail, Liz set off for the marijuana dispensary. She was intimidated: "I'd been around pot in college, but it wasn't my thing," she says. The dispensary reeked of marijuana, and the young, friendly guys who worked there were a far cry from the white-coat-wearing pharmacists she was used to dealing with. But she was elated to walk out with a two-month supply of Maddie's "medicine," a 2,000-mg bottle of oil that cost \$100.

A CHANGED LITTLE GIRL

Five days after Maddie started on Charlotte's Web, her seizures seemed shorter and less intense — though Liz refused to get her hopes up. But after a month, when Maddie was consistently having far fewer seizures, Liz finally let herself feel an emotion she'd thought she'd banished forever: hope. "I can't describe the feeling. Relief, wonder, joy. I had a sense of possibilities again. We actually started talking about having another child."

Soon, Maddie started making developmental strides, learning her colors and

letters and how to turn the pages of a book and hold a crayon. She *seemed* happier — looking at books, trying to express herself.

One downside to the move: Brandon won't be able to join the family any time soon, as his job limits his ability to relocate. Admits Liz, "I miss him. We were high school sweethearts." Brandon adds, "We try to talk every day. I worry about them. But there's no question this is the right thing for Maddie."

On a Saturday afternoon last fall, when Liz hosted a Denver Broncos viewing party for four moms and eight children, that much was clear. Wide-eyed and grinning, Maddie looked thrilled to be hanging out with her grandmother. Bea, in town for a 10-day visit, kept an eye on her, alternating between carrying her and walking behind her, holding the handle of the pink harness Maddie wears because she's still unsteady on her feet.

Freed up, Liz chatted with the other moms, who are now her friends. "Liz is one of the first to volunteer to watch someone's child or coordinate food for parties," says Rita Brown, whose 13-year-

old son, Tyler, also has LGS. They share a bond no one else can understand, Liz explains: "We have to band together."

Today, Maddie is doing well enough that Liz plans to put her into a nearby school for kids with autism and special needs. Her neurologist has been impressed by her progress. "There are a few neurologists here who support Charlotte's Web and some who are downright unsupportive," says Liz. "Ours is supportive now, but she took some convincing."

These days, Maddie takes just two antiseizure meds in addition to Charlotte's Web. Though Liz helped lawmakers write a bill that passed in North Carolina last year legalizing the use of Charlotte's Web (and similar oils) to treat intractable epilepsy, it may be some time before the oil is available there — and so for now, Liz and Maddie are staying put.

Whatever it takes to help her little girl, says Liz. "If you've seen your child ravaged by a life-threatening illness, there's nothing you wouldn't try. Maddie may never have a 'normal' life — but this oil is giving her a chance at a future." ♦

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Etiquette Expert



My trainer calls me "sweetheart," "darling," etc. I'm married, and I find this out of line, but he does a great job. Help!

3 SOLUTIONS

TRY HUMOR. "Hey, 'honey' — could we drop the 'sweetheart'?"

BE DIRECT. "I enjoy working with you, but I'm uncomfortable with the lovey-dovey language."

REQUEST A CHANGE. If he doesn't pull back, tell him you'd feel better switching trainers. Fear of losing a client may inspire him to cut out the sugar. If not, move on.

4 THANK-YOU NOTE MUSTS

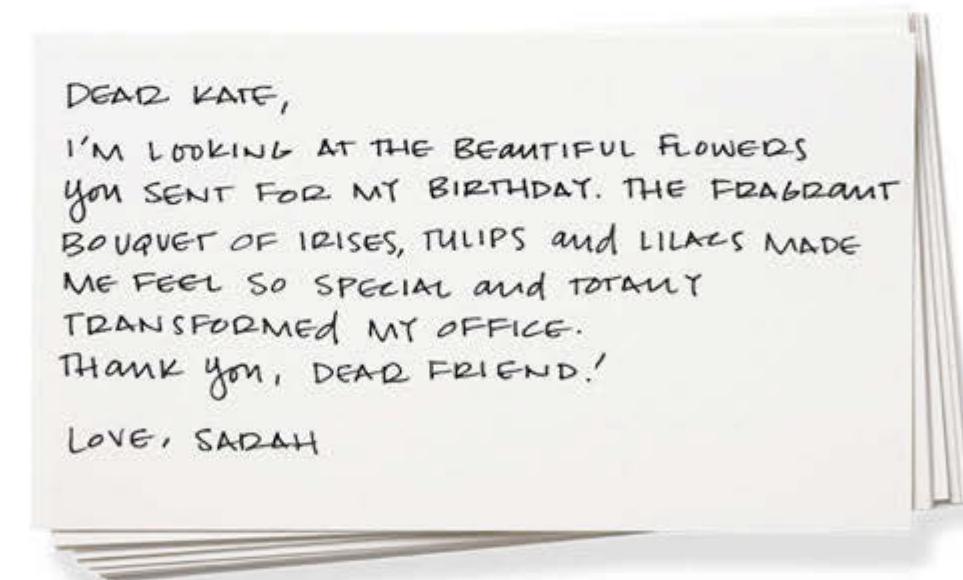
Follow these tips and never be at a loss for words again

1) OPEN YOUR NOTE using the person's first name, unless you don't know her well. A handwritten card is best, since it adds a personal touch.

2) USE YOUR NATURAL VOICE and write as if you're speaking with the recipient — a casual tone will come across as more genuine.

3) MENTION THE GIFT or act of kindness specifically and describe how you'll use it or what the favor or present meant to you.

4) CLOSE in a way that reflects your relationship: "Love" for family or good friends; "Fondly" for people you know fairly well; "Sincerely" for acquaintances.



Is it ever too late to send a thank you? No — better late than never.

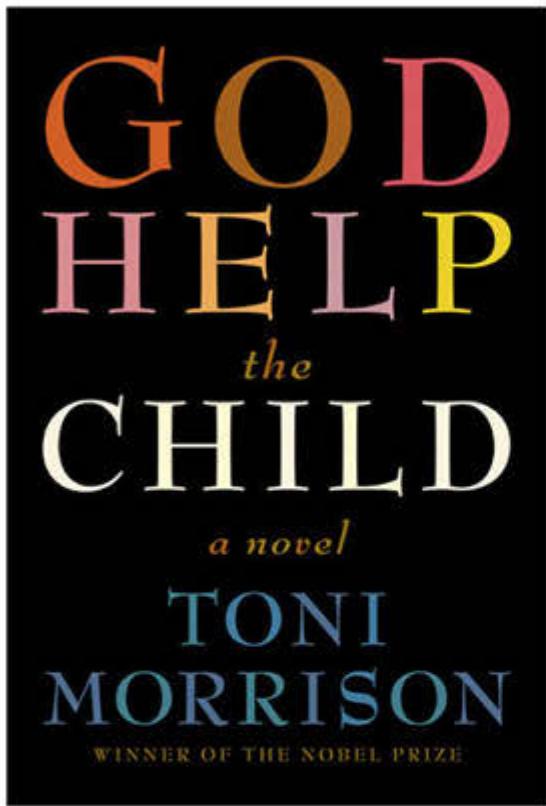
Q A relative constantly brags about her children's earnings. How can we put an end to this without seeming jealous?

Don't respond with an equally competitive comeback about your kids — that could make you come across as jealous. (Plus, it may just egg her on.) Since it's unlikely you'll completely stop the boasts, the next best thing is to limit her "brag time." Acknowledge the kids' achievements briefly, then change the subject: "Charlie and Ann are amazing! How was your trip out West? Did you visit any national parks?" Situation defused.

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your BOOKSHELF

FABULOUS READS. AUTHOR INTERVIEWS. BOOKWORM FUN.



God Help the Child by Toni Morrison
(\$25, Alfred A. Knopf)



WHAT'S ON YOUR NIGHTSTAND?

"Letter to My Daughter" by Maya Angelou. Her words, filled with melody and meaning, inspire me." — **Mallika Chopra (Deepak's her dad!), author of *Living With Intent*, out this month**

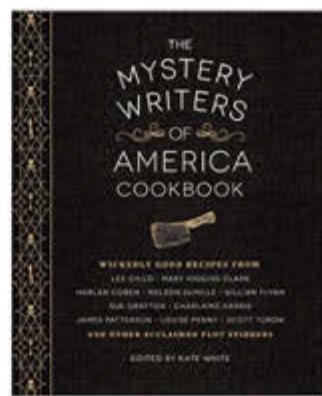
MYSTERY MEALS

AUTHORS IN THE KITCHEN

Whodunit pros Gillian Flynn, Mary Higgins Clark and more cook up culinary twists in this delectable collection

FROM AGATHA CHRISTIE'S tea-and-scones-devoted sleuth, Miss Marple, to Lee Child's coffee-swilling Jack Reacher, "food often helps define iconic characters," says Kate White, editor of the new *Mystery Writers of America Cookbook*. To celebrate food's role in our favorite capers, White gathered contributions from more than 100 authors—family recipes as well as dishes inspired by beloved characters. Want a taste right now? See James Patterson's sinfully delish chocolate cake on page 147.

Mystery Writers of America Cookbook
(\$25, Quirk Books)



GH READ OF THE MONTH

HAUNTED BY A LIE

A woman confronts skeletons from her past

HOW DO THE WOUNDS we suffer as kids inform the people we become? That's the question at the center of Nobel Prize winner Toni Morrison's latest novel, *God Help the Child*, about a woman and a man tormented by events from their childhoods. Rejected by her mother for the dark blue-black color of her skin, schoolgirl Lula Ann tells a lie in an effort to win her love—an untruth that puts an innocent woman in jail. Lula Ann grows up and falls in love with a man equally scarred by a tragedy that happened when he was a boy. Can they face their deep-seated demons together, or will their inability to cope with their pain keep them apart? At the top of her game at 84, Morrison tackles tough questions with a story that draws you in.



KILLER THRILLERS

Loved *Gone Girl*? We promise these page-turners are just as addictive

Luckiest Girl Alive

by Jessica Knoll Newly engaged magazine editor Ani is model-thin and the envy of every girl in her office. But she's hiding a terrible secret. **\$25**

Night Night, Sleep Tight

by Hallie Ephron After finding her screen-writer dad dead in his swimming pool, Deirdre becomes the prime suspect in his murder. Then a figure from her past shakes up the investigation. **\$27**

Lacy Eye

by Jessica Treadway When Hanna's husband dies, her daughter's boyfriend is convicted in his killing. The chilling wrinkle: Hanna's daughter might have been involved. **\$26**

Where They Found Her

by Kimberly McCreight An infant's body is discovered in the woods behind a university. Molly, a journalist, is assigned to the story—and stumbles upon disturbing facts about people in her small town. **\$27**



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★ GH REPORT ★

By the experts at the Good Housekeeping Institute

HOW THESE

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Wash turns
the pedestal
storage space
under any
LG front-loader
into a mini
second washer.



MEGA LOADS →
Throw piles
of big, bulky
loads into the top portion...



LAUNDRY REVOLUTION

One of the hardest-working appliances in your home has just upped its game (and will make life a whole lot easier for you!). The newest crop of washing machines are taking on some of the things you hate most about doing laundry: messy pretreating, checking a load's status and being able to do only one load at a time. Take LG's Twin Wash* (left)—it saves time by letting you run both a small load of, say, cold-only items and a large load of towels. The mini washer has several cycles and can be purchased separately and used with any front-loading LG washer. Turn the page to see more ingenious machines coming soon.

*Price not available at press time.
Check lg.com for updates.

SMALL LOADS
...and wash lingerie, onesies
or other separates here.

LAUNDRY 2.0

THESE WASHERS WILL MAKE YOUR HEAD SPIN

OUR LAB IS SEEING more exciting innovations than ever before. And while you can't yet avoid moving clothes from the washer to the dryer or folding and putting them away (one can dream!), laundry is becoming much less of a chore. Next time you're in the market, consider one of these clean machines.

BUILT-IN BASIN →

Samsung Active Wash (\$899)

This top-loader has a pretreating "sink" under the lid. A jet directs water straight into it, and its ribbed sides make a great scrubbing surface for stain removal.



LIFTABLE SINK!
Spot-treat items in the attached basin, then drop 'em in the washer.

SELF-STARTER →

Whirlpool Smart Top Load Washer*

Made to work with the Nest smart-thermostat system, it can be set to run when utility costs are lowest—it's magically aware of when off-peak rates apply, so you don't have to worry about keeping track!

*Price not available at press time. Check whirlpool.com for updates.



WIRED FOR CLEAN

GE Washer With Connect Cycle (\$1,199)

Wish you could tailor your machine to your family's changing needs? It's a reality! Select the Connect Cycle setting and use the app to download a new cycle from the cloud. Kids play sports? Pick the Active Wear option. Need to wash delicate knits? Download the Hand Wash cycle. (GE plans to have 10 cycles soon.)



Yes, you can phone in your laundry!

Many new models can now be monitored and controlled via a smartphone app so you won't have to be hovering nearby to know when a load is done or how much time is left in the cycle. Most apps help diagnose performance problems, too.



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MIRIAM AROND
GH Institute Director

THAT'S ME with an old clothes wringer sporting our GH Seal. What would women at the turn of the 20th century (who spent hours wringing out laundry) think of new washers you can control with your phone, or spa showerheads that have pampering settings and conserve water (page 92)? We've come a long way, and the Institute is here to help you keep up—with eco-minded products (learn about our Green GH Seal on page 96) and innovative ones, like the assymetrical Senz umbrella, *below*, which lets you angle it to adapt to wind currents. The idea blew us away!



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88

**GHI
INVESTIGATES**

ARE KERATIN TREATMENTS REALLY FORMALDEHYDE-FREE?

SAFETY UPDATE In 2011, the GH Institute found high levels of formaldehyde in several brands of salon hair-smoothing formulas that *claimed* to be free of the carcinogen (it can also irritate the eyes, nose and throat). With new treatments on the market sold as "formaldehyde-free," we set out (with an independent lab) to test six popular salon products to see if they delivered.

NEW FINDINGS No formaldehyde was detected in five of the brands we analyzed (see box, *right*). A small amount was found in the Magic Sleek Relaxer and Finisher, but it was below the threshold considered safe by Cosmetic Ingredient Review, an independent safety panel.

BUT DO FORMALDEHYDE-FREE FORMULAS WORK?

Salon owners we spoke with told us that in general, the treatments do smooth frizz, but how well they straighten is dictated by a client's hair type. "We use different formulas depending on texture, wave and whether hair is dyed," explains Federico Calce, owner of Federico Hair & Spa at the Benjamin in New York City.

TIPS FOR SAFE STRAIGHTENING

If you're sensitive or concerned about exposure to any formal-



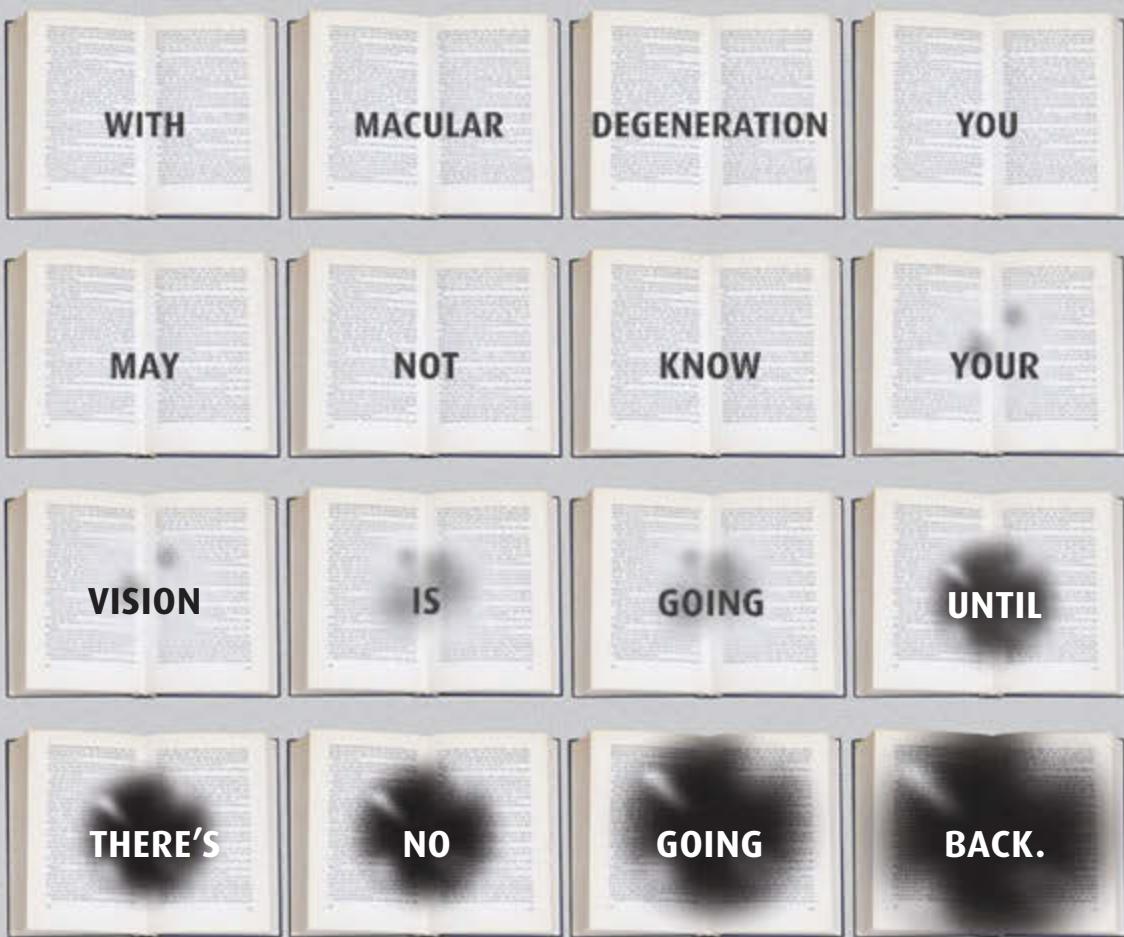
Good news! Many popular formulas lived up to their claims.

5 BRANDS TO ASK FOR Brazilian Blowout Zero+ Professional Smoothing Solution, Cezanne Perfect Finish Keratin Smoothing Treatment, Kerasilk Keratin Shape and Smooth Intense by Goldwell, Pravana Perfection Smooth-Out Solution and Peter Coppola Legacy Keratin Concept

dehyde, ask your stylist to use one of our formaldehyde-free recommendations (ask to see the container to avoid any mixups, as some companies have formulas with and without formaldehyde). And inquire about whether the salon provides proper ventilation; even tiny amounts of formaldehyde might add up to toxic levels in the air.



THINK ABOUT DOWNSIZING. A poorly insulated small house can use less heating and cooling energy than a well-insulated large one.

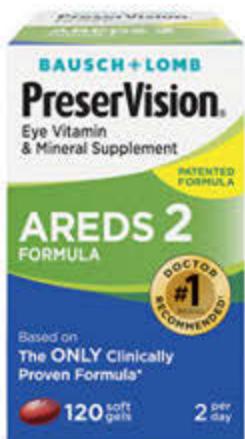


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4 SECRETS TO REMOVING A CARPET STAIN



Coffee or wine (or worse!) won't stand a chance with these tricks from Carolyn Forté, our cleaning expert

TAP THIS APP TO GO GREEN



iRecycle
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FIND THE BEST way to dispose of old bulbs, electronics, batteries, paint and more: Simply plug in your zip code, and this app gives you local collection points and safe recycling tips for more than 350 different materials.

*claim
decoded:*
“NATURAL”

THERE'S NO Federal Trade Commission standard for the claim "natural," so it's hard to know what it really means. While the word *implies* that the entirety of a product came directly from plants, minerals or other things in the earth, the manufacturing process may have used chemicals or other synthetic ingredients—so the finished product may not be as au naturel as it seems. Instead of broad claims, look for specifics, such as "contains no synthetic dyes," so you'll know what you're truly getting.

1 DON'T RUB IT IN
If you attack a stain vigorously, you'll untwist the carpet's pile (tufts) and make it look matted. Instead, blot with an absorbent cloth. Work from the outside in so the stain doesn't spread.

2 GO EASY ON THE CLEANSER
Don't use it directly on the rug; it can be hard to rinse out, and any residue attracts dirt. Instead, spritz a cloth with cleanser and dab the stain; turn the cloth to clean areas as it absorbs soil (or use multiple cloths).

3 RINSE SPARINGLY
If instructions say to remove cleanser with water, don't pour it on the carpet (doing so will wet the padding and flooring). Dip a cloth in H₂O, then press to absorb cleanser; blot with a dry cloth.

4 TOWEL-DRY OVERNIGHT
All gone? Maybe not: Residue deep in the carpet may travel up the fibers as they dry and re-stain the carpet's surface. To prevent this, rest several paper towels and a heavy object, like a pot, on top in the P.M. In the A.M., fluff to dry.

DANGEROUS-PRODUCT RECALLS

CRIB MATTRESSES

Due to a risk of entrapment, IKEA has recalled about 169,000 Vyssa crib mattresses. Consumers should check the gap between their mattress and crib; if it's larger than two fingers, return to any IKEA store for a refund or exchange. Go to ikea-usa.com for more information.

CANDLES

CoScentrix has expanded its DD Brand candles recall—high flames can ignite the wax's surface and pose a fire hazard. An extra 168,000 candles are included, for a total recall of over 500,000. Sold at Hobby Lobby; refunds will be offered. For affected sizes and scents, visit coscentrix.com.



Sleep

Wake

Could the wake system in your brain
be causing your insomnia?



Your brain has a wake system and a sleep system. When you have insomnia, the neurotransmitters in your wake system may be too strong. This may be preventing you from getting the sleep you need.

Talk to your doctor about managing your insomnia | Learn more at: WhyAmIsoAwake.com



TRIED + TESTED SHOWERHEADS

Our pros analyzed 20 new models. These earned high scores for spray coverage, cool settings and water efficiency, which can save you more than \$70 a year (no plumber needed)!



BEST BASIC

Waterpik EcoFlow 6-Mode With Pause Control (\$20)

With its nice price and water-saving flow rate of 1.55 gallons per minute (gpm) in our test, you won't throw dollars or H₂O down the drain (2 gpm or less is water-efficient). Testers loved its intense spray. **GOOD TO KNOW:** While it had narrower spray coverage than others we looked at, it's still a good buy for the money.



MOST SPA-LIKE

Jaclo JX7 Showerall 6 Function Showerhead (\$69)

With six settings (including a strong 1"-diameter jet, a misty spray and a pulsating stream), this model has a flow for every mood.

GOOD TO KNOW: You can use its Pause setting to help save water while shaving (and it keeps your heat setting while paused!).



TESTERS' FAVE

Danze 4" 3-Function Showerhead D460047 (\$54)

Our testers found this one easy to install, and it offers a fast rinse thanks to wide coverage and a strong flow.

GOOD TO KNOW: It had a 1.6 gpm flow rate in our test, so it's great for savings. (A low flow rate doesn't necessarily mean a less powerful spray—just that less H₂O is used.)



BEST BELLS & WHISTLES

Hansgrohe Raindance S 100 Air Green 3-Jet Showerhead (\$146)

This modern beauty scored highest in performance: Testers raved about its stream intensity, and its wide coverage made rinsing a breeze. Also popular: its Whirl setting (think: rotating massage spray).

GOOD TO KNOW: Some found it hard to swivel (loosening the socket helps).

3 tips for SAVING WATER

1 While waiting for your shower to warm up, place a bucket in the tub and use that H₂O for plants.

2 Even if your toilet is low-flow, install a dual-flush system—it lets you set separate H₂O levels for liquid and solids, saving more water. Some are DIY and cost as little as \$30. Pocket up to \$100 yearly, depending on settings.

3 DIY water pipe insulation can cut the time you spend waiting for H₂O to heat up, saving water. For electric heater pipes, opt for polyethylene or neoprene foam; for gas, use fiberglass pipe wrap.



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LIGHTBULBS

Confused about energy-efficient lighting options? Don't be—our quickie primer will keep you out of the dark

bright
idea

CFLs and LEDs come in a range of soft hues (red and blue, too!), not just blinding white and sallow yellow.

BULB TYPE

INCANDESCENT

Most of these traditional, energy-hogging bulbs are being phased out due to new federal efficiency standards.

GOOD TO KNOW: Halogens, a type of incandescent, are still sold and use 25% less energy. **BEST FOR:** Rooms with dimmers—use halogens, as many CFLs and some LEDs don't work with these devices.

CFL

Compact fluorescents use 75% less energy than incandescents and last 10 times as long.

GOOD TO KNOW: They can be recycled (more info at search.earth911.com), but have small amounts of mercury: If broken, use clean-up tips at goodhousekeeping.com/bulbs.

BEST FOR: Areas that stay lit; turning on/off limits CFLs' life.

LED

Light-emitting diodes use 80% less energy and last 25 times as long as incandescents.

GOOD TO KNOW: They're typically cool to the touch and are recyclable with other glass.

BEST FOR: Hard-to-reach areas (such as high ceilings). Their longer life span means less frequent changing (bonus: no burn or mercury risk).

APPROX.
COST
PER BULB

\$2

\$4

\$10

ANNUAL
OPERATING
COST*

\$8.21

\$2.05

\$1.64

LIFE SPAN*

11 MONTHS

9 YEARS

23 YEARS

HOW BRIGHT IS THAT BULB? Wattage won't tell you how well CFLs and LEDs will shine. Instead, focus on lumens (found on packaging), a better measure of brightness in the bulbs. Here's a guide to compare lumens to old-school incandescent wattages:

40 Watts = 450 Lumens

60 Watts = 800 Lumens

100 Watts = 1,600 Lumens

As your body changes, so does your skin.

-  Gently exfoliates
-  Intensely hydrates
-  Noticeably renews



If you've noticed that your lotion doesn't work like it used to, it may be a sign that your skin has changed.

Switch to AmLactin® for smoother, softer, healthy-looking skin.



Sunburn Alert: This product contains an alpha-hydroxy acid (AHA) that may increase your skin's sensitivity to sunburn. Be sun smart: use sunscreen, wear protective clothing, and limit sun exposure while using this product and for a week afterward.
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 **AmLactin®**
Serious care for softer skin™

Available at retailers nationwide



GETTING THE GREEN LIGHT

Skeptical of eco claims? Look for our Green GH Seal—we test and screen products to ensure they're safe for the planet *and* your family

“Earth-friendly” products are trending, but how can you be sure that’s not just hot air? Check for the Green Good Housekeeping Seal. Launched in 2009, it lets you know that a product has passed our rigorous environmental review (using a point system) *and* that it works as claimed and is backed by our limited warranty.

A 360° VIEW Working with our Environmental Advisory Board, the GH Labs examine every phase of a product’s life—from raw materials to manufacturing to consumer use and disposal—to see how it impacts the environment. And we don’t just take a company at its word—we require validation to back up a manufacturer’s claims.

HOW WE SCREEN...



1 INGREDIENTS
Items are evaluated to make sure that they’re free of carcinogens, endocrine disruptors and other toxic chemicals above established safety limits. They also get points for sustainably sourced materials.

2 PROCESSING
We review water use, energy and hazardous waste output at the manufacturing facility, looking for reductions over the past three years. Renewable energy use is also rewarded.

3 PACKAGING
The less there is, the better—especially if what’s there is made from recycled materials and renewable sources. Extra points if it’s biodegradable.

5 GREEN GH SEAL EARNED!
No product has a perfect footprint, but if you see our Green GH Seal, you’ll know the manufacturer is doing its part to protect you *and* the planet.

4 END OF LIFE
To keep them from sitting in a landfill, we look to see if products are compostable or recyclable. Brands earn points for having a take-back program that disposes of or reuses their item.

A FEW GREEN GH SEAL STARS



ZERO VOC'S
Natura paints by Benjamin Moore have zero volatile organic compounds* (potentially health-harming chemicals).



ECO PACKAGING
Pampers Cruisers are made from responsibly sourced wood pulp and have recycled content in the packaging.



100% OATMEAL
Aveeno Soothing Bath Treatment uses just one ingredient—nothing else!

MAYBE TODAY, CHRONIC MIGRAINE WON'T STAND IN YOUR WAY.



If you have migraines with 15 or more headache days a month, you're living a Maybe Life. **AND YOU MAY ALSO BE LIVING WITH CHRONIC MIGRAINE.** But knowing this thing you're going through has a name means knowing you can find treatments that are right for you.

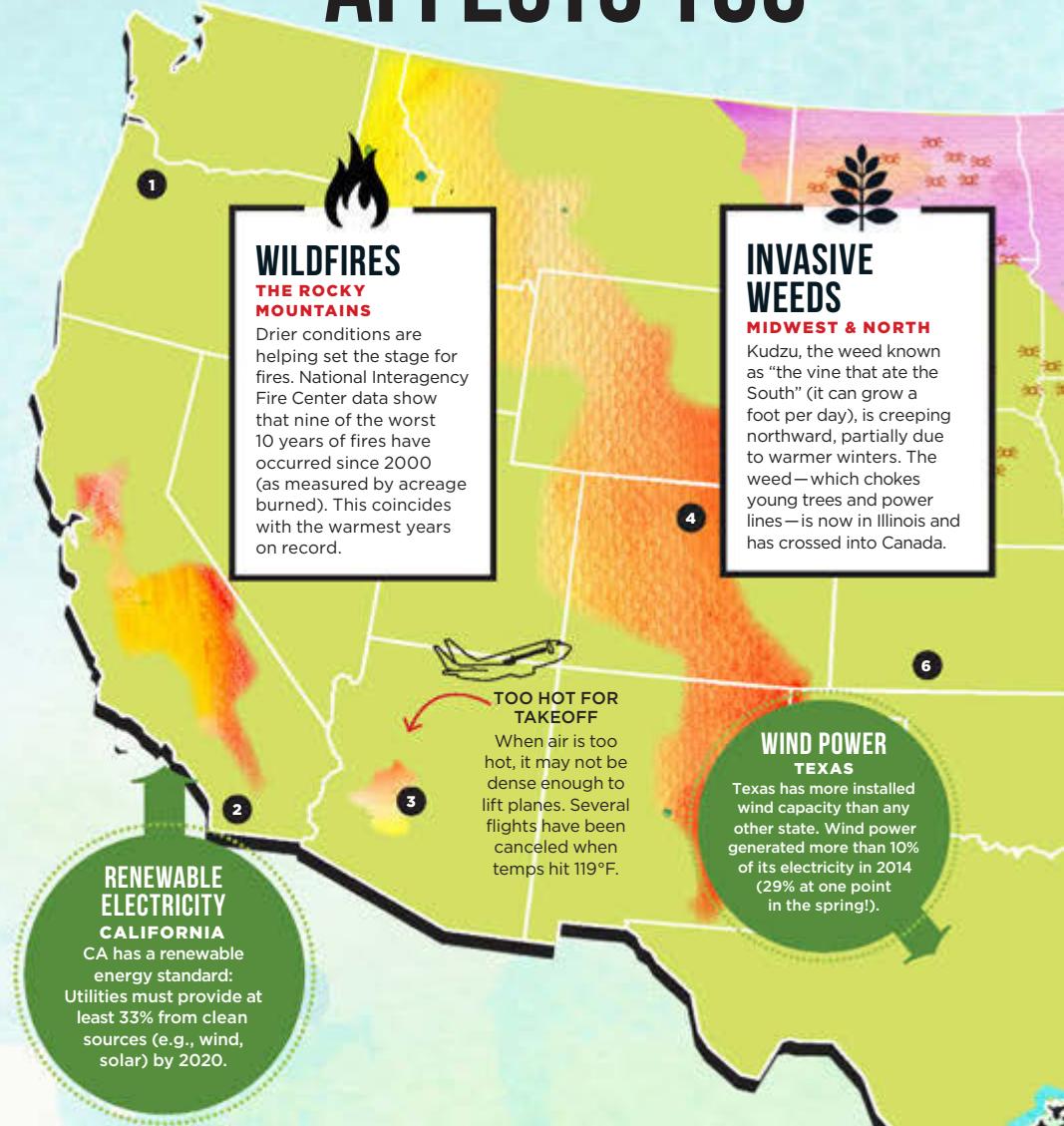
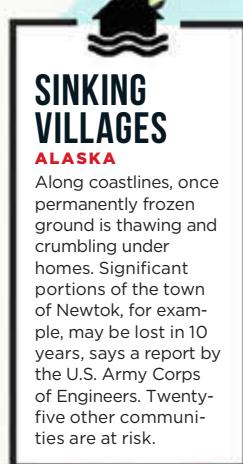
**TO FIND A HEADACHE SPECIALIST
AND FOR MORE INFORMATION, VISIT**

MYCHRONIC MIGRAINE.com



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HOW CLIMATE CHANGE AFFECTS YOU



12 CITIES GOING GREEN

1 **PORTRLAND, OR**
The city has the highest bicycle commuting rate of any large city, thanks in part to 319 miles of bike paths.

2 **SAN DIEGO**
Its Miramar landfill keeps more than 700,000 tons of CO₂ equivalent (CO₂e) emissions out of the air each year by capturing methane gas.

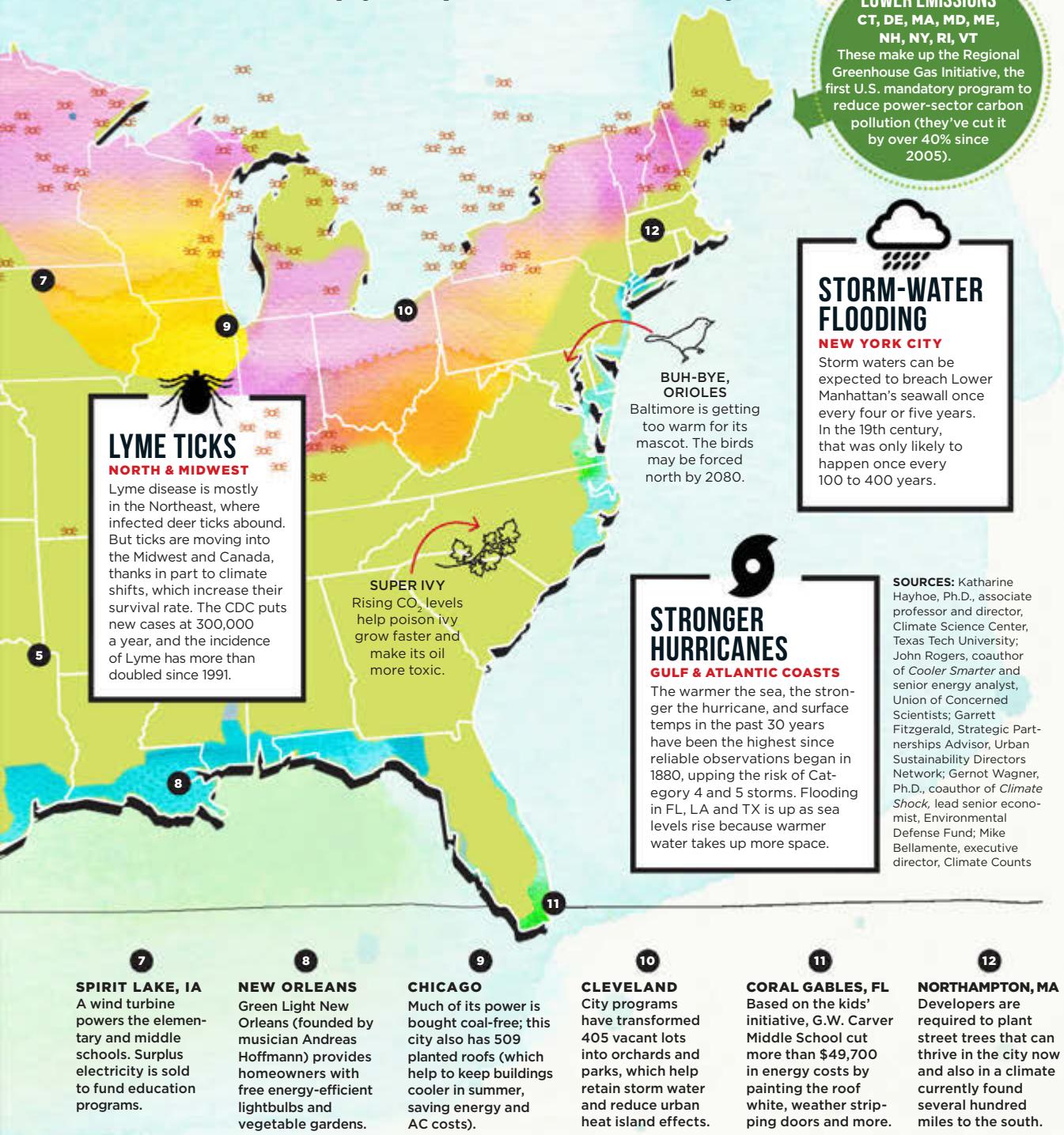
3 **PHOENIX**
About 149,000 utility customers use a pay-as-you-go program that shows, in real time, how much they use, empowering them to shrink their usage 12% on average.

4 **BOULDER, CO**
Many city residents use the Eco Pass system to ride mass transit for free; they drive 47% fewer vehicle miles, cutting emissions in half.

5 **DALLAS**
New buildings over 10,000 sq. ft. need LEED (Leadership in Energy & Environmental Design) certification. (LEED is an industry green-building standard.)

6 **GREENSBURG, KS**
In 2007, a tornado leveled 95% of the city. It rebuilt using low-carbon choices (green space, eco-buildings) and is the first city to use all-LED streetlights.

SOME OF THE DRAMATIC CHANGES we hear about seem so far away (case in point: melting polar ice caps), but some surprising effects of climate change are closer to home. To find out what's really going on across our country, we consulted scientists and local officials. Here's a snapshot from coast to coast—plus, places that are doing cool things to help Mother Earth and her inhabitants. Then turn the page for a quick lesson in Climate Change 101.





6 CLIMATE MYTHS DEBUNKED

It's tempting to dismiss all the talk as hype, but experts say not to fall for these misconceptions

MYTH If global warming were an issue, blizzards would be on the wane.

FACT: We're seeing stronger blizzards because of global warming. As the air, land and sea get warmer, more H₂O evaporates. So when a storm comes along, there's more water to pick up and dump, meaning more snow when it's cold out.

MYTH It's all a natural cycle; humans can't affect something as big as Earth.

FACT: Yes, Earth's temperature goes up and down with the ice ages. But scientists think temperatures should be dropping in preparation for the next

ice age, and instead they're soaring. According to NASA, thermometers around the world find that the average global temp has been rising since 1880; 2014 was the hottest year yet. And before the Industrial Era, natural levels of CO₂ were about 275 parts per million (ppm). Now, due to all the coal, oil and gas we've burned, levels have topped 400 ppm. The explanation? Us.

MYTH It may be real, but it's not affecting my family right now.

FACT: Climate change is already hitting our pocketbooks: U.S. losses due to natural disasters like storms,

floods, droughts and wildfires rose between 1980 and 2014. Your family may also be affected by worsening allergies from plants that bloom earlier and produce more pollen due to climate change.

MYTH Living "green" takes too much effort and cost.

FACT: Many of the reforms that help Earth can also ease your bottom line, and they're simple to implement. Food waste is the largest component of landfill, so by reducing it—eat leftovers!—we can all significantly lessen methane-emitting landfill material and save cash. More efficient appliances and cars may cost extra up front, but they use so much less energy over the lifetime of the product that you come out ahead.

MYTH Even if we did do something about it, China's building a coal plant a week. Why bother?

FACT: Our per-person CO₂ emissions are almost three times those of China. Yes, China has a lot more people, but the Chinese are doing something about it: They're number two in the world in solar power (we're number five), and they're also beating us on wind power—they're first, we're second.

MYTH I'm just one person. I can't make much of a difference.

FACT: Our lifestyle decisions control a shocking 75% of emissions in the U.S. If we all improved the energy efficiency of our homes by just 10%, it would be the equivalent of taking some 25 million cars off the road! And as voters, we control a portion of the other 25%. Check out the nonprofit Citizens' Climate Lobby (citizensclimatelobby.org), which can help you write letters to Congress in support of Earth-friendly legislation.

CLIMATE SCIENCE 101

We asked Katharine Hayhoe, director of the Climate Science Center at Texas Tech University, for a quick lesson:

WHY IS A WARMING PLANET A BAD THING?

It alters weather patterns. We see more extreme and/or frequent events—droughts, floods, hurricanes, blizzards—affecting food production, water supply, the economy and our health.

WHAT CAUSES WARMING?

Greenhouse gases, which act like a blanket, trapping Earth's heat and keeping us warmer. The most harmful gases are CO₂ and methane; both exist naturally, so we already have a perfect blanket keeping us at the right temp. But man-made emissions are tipping the scale, trapping too much heat.

HOW DO WE CREATE GREENHOUSE GASES?

Most U.S. electricity is powered by fossil fuels (coal, natural gas); when they're burned at power plants, their CO₂ gets dumped into the air. Ditto when we burn gasoline (oil) for cars. Methane's released by the production of fossil fuels, livestock (yep, cow flatulence) and landfills' decaying waste.

HOW DO WE CUT EMISSIONS?

Reduce the use of fossil fuels: Drive less, opt for fuel-efficient cars and use less electricity (via energy-smart appliances and LED/CFL lightbulbs). Recycle, eat less red meat and look for companies that tap sun and wind energy. Measure your own carbon footprint at earthday.org/footprint-calculator.

GREEN THUMBS-UP

Kudos to these companies for recognizing that being environmentally responsible is the right thing to do—and good for business. They've earned praise from the Institute and our environmental consultants, Eric Wilmanns and Mike Brown of Brown and Wilmanns Environmental.

H₂O SAVERS

Water is one of our most valuable natural resources, and the apparel and footwear industries use lots of it: According to Nike, it takes 700 gallons of the wet stuff to grow enough cotton to make just one T-shirt. To cut consumption, the sportswear brand tracks H₂O runoff from contracted manufacturing plants and uses a water-free dyeing facility.



FRIENDS OF FARMERS

Most companies aren't as environmentally clued in as the Vermont-based ice cream maker, which has started using byproducts created during production for some of its power needs. It also offers a Caring Dairy program that teaches farmers [how to do their work more sustainably](#).



CARBON-FOOTPRINT CUTTERS

Microsoft charges each of its departments fees for emissions related to everything from office energy use to employee air travel. Not only is this an incentive for workers to be energy-conscious, but it also creates funds that go to projects that help offset the company's carbon footprint—like its 2013 partnership with a Texas wind farm.



TRASH BUSTERS

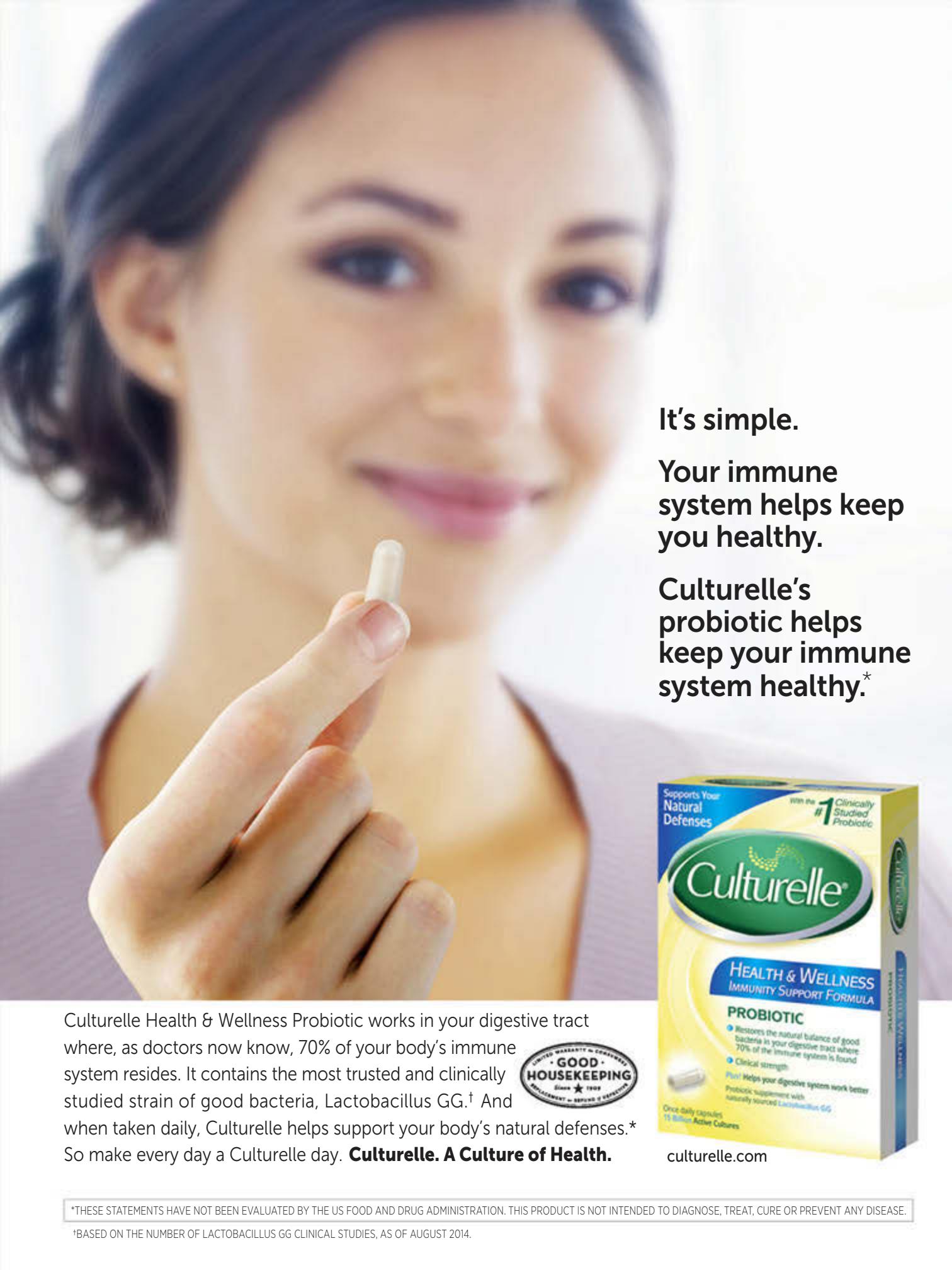
By the end of 2014, Disney was diverting from landfills 48% of operational solid waste generated at its owned facilities and theme parks around the world—through recycling, composting and having waste converted into energy. By 2020, the entertainment giant aims to raise that figure to 60%.

FUEL-EFFICIENCY STARS

To build greener cars, the Detroit automaker is developing cutting-edge technologies, more aerodynamic designs and engines that run on a range of energies—from electricity to natural gas to biofuels.

HOLISTIC HEROES

This company is reducing CO₂ emissions from its factories and delivery fleet, cutting water consumption, diverting trash from landfills and developing more sustainable packaging techniques—all to address its global environmental impact.



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Culturelle's probiotic helps keep your immune system healthy.*



Culturelle Health & Wellness Probiotic works in your digestive tract where, as doctors now know, 70% of your body's immune system resides. It contains the most trusted and clinically studied strain of good bacteria, Lactobacillus GG.[†] And when taken daily, Culturelle helps support your body's natural defenses.* So make every day a Culturelle day. **Culturelle. A Culture of Health.**

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*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE US FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

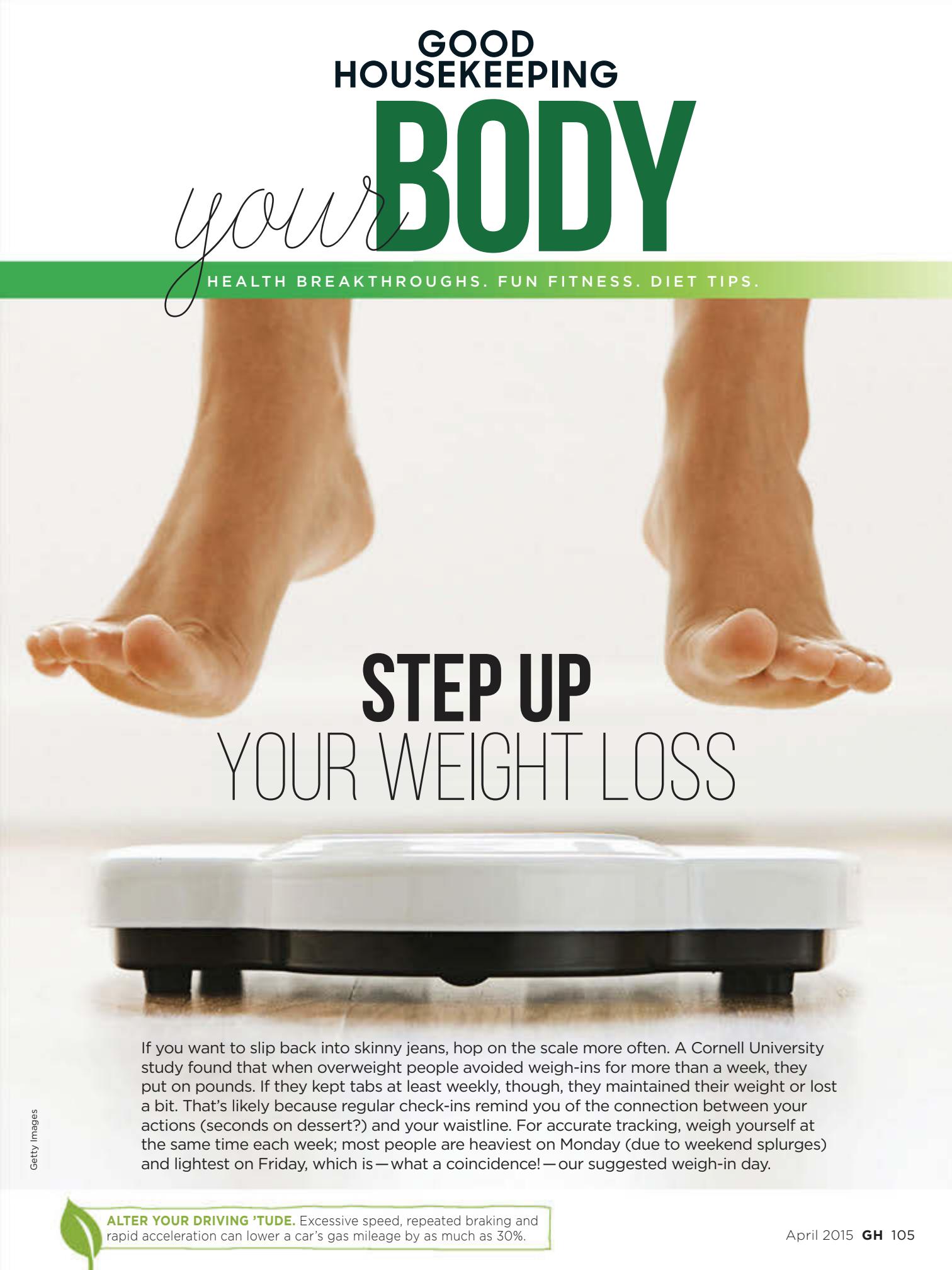
[†]BASED ON THE NUMBER OF LACTOBACILLUS GG CLINICAL STUDIES, AS OF AUGUST 2014.

GOOD
HOUSEKEEPING

BODY

your

HEALTH BREAKTHROUGHS. FUN FITNESS. DIET TIPS.



STEP UP
YOUR WEIGHT LOSS

If you want to slip back into skinny jeans, hop on the scale more often. A Cornell University study found that when overweight people avoided weigh-ins for more than a week, they put on pounds. If they kept tabs at least weekly, though, they maintained their weight or lost a bit. That's likely because regular check-ins remind you of the connection between your actions (seconds on dessert?) and your waistline. For accurate tracking, weigh yourself at the same time each week; most people are heaviest on Monday (due to weekend splurges) and lightest on Friday, which is—what a coincidence!—our suggested weigh-in day.

HEALTH SMARTS...



JULIA EDELSTEIN
HEALTH EDITOR

"Hello from your newest editor! I'm here to make wellness easy—and fun. So even if you dread the gym or are addicted to cookies, you're welcome here. Join me as we learn to smile more, stress less and feel a whole lot better."

FOLLOW ME @juliasedelstein

FRUIT ARMOR

GH Nutrition Director Jaclyn London, M.S., R.D., says a pear is the perfect snack...until it gets smushed in your purse. This reusable plastic case protects all varieties from bruising.

Pear Packer, \$1.50 for four, usapearsmarketplace.org



WHAT WE'RE EXCITED ABOUT THIS MONTH



ON-THE-GO ANALYSIS

Need to vent about your ex right this minute? Use the app Talkspace (iOS, Android) to send unlimited texts to a licensed therapist; you'll hear back up to twice a day. **\$25 per week**



FLORALS MEET FITNESS

Calling all ladies who live in yoga pants: Carrie Underwood's new line, Calia, features items pretty enough to pass as "real" clothing. **Solid Jersey Tunic, \$50, Printed Tight Fit Capris, \$65, Dick's Sporting Goods**

WALK ON AIR

Thanks to its inflatable interior sleeve (press the Pump button to activate), you can wear this sleek trainer tight (great for Zumba!) or loose (say, on a jog).

Reebok ZPump Fusion, \$110, Finish Line stores



MOD MEDS

This tiny tube looks like a lipstick, but surprise—it actually holds your emergency painkiller stash. Up to eight capsules fit inside. **Cielo Pill Holders, \$25 to \$65 each, cielopillholders.com**



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systane.com

For the temporary relief of burning and irritation due to dryness of the eye.

[†]Based on a survey of 611 eye care professionals' recommendations for artificial tears and related products. MarketVision Research. January 2014.

[†]Pharmacy Times. OTC Guide Web site. otcguide.net. #1 Pharmacist Recommended Brand 2014-2015. Accessed April 2014.

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RESEARCH FOR REAL LIFE

NEW KEYS TO HEART HEALTH

Skip your cardio—and try yoga instead. According to a study in the *European Journal of Preventive Cardiology*, sun salutations, downward dogs and, yes, *savasanas* (a.k.a. just lying there) lower blood pressure and cholesterol as well as traditional cardio (e.g., biking and jogging) does. Aim for a session at least once a week.

Order that side of toast. A study in *JAMA Internal Medicine* found that consuming a slice of whole-grain bread daily could lower the risk of dying from cardiovascular disease by 9%. That's probably because whole grains help keep blood sugar steady, and refined grains (white bread) do the opposite.

Party on! News we can really use: Women who had a drink each day (and no more than that) were 16% less likely to go on to develop heart failure than those who abstained from alcohol altogether, reports a 24-year study in the *European Heart Journal*. One pomegranate mojito, coming right up!



MAKE IT A HABIT WEEKNIGHT WORK DETOX

Recent research confirms what every working mom already knows: Checking office e-mail from home can raise your overall stress levels. So how can you relax in your off hours and obey the urge (or order) to peek at messages? Try our after-work plan:

STEP 1: Change your clothes when you get home, even if you're already comfortable. It cues your brain to switch to leisure mode.

STEP 2: Schedule work (say, at 8 P.M. for 30 minutes) and disconnect until then, suggests psychology researcher Larissa Barber, Ph.D., of Northern Illinois University.

STEP 3: Call a friend instead of watching TV. This actively focuses your attention on something fun and lets you forget about those reports. Don't you feel better already?

The ultimate feel-good bone booster

If you're happy and you know it, then your bones—yes, your bones—will surely show it. A study in *Psychosomatic Medicine* found that older women with the most "life satisfaction" also had the highest bone density. One likely reason: Depression and anxiety do not do a body good; both can lead to high levels of cortisol, which may promote bone deterioration. Bone density starts to decrease at age 35, so it's never too early to get your smile on.

SPONSORED BY **CHEVROLET**



A BETTER STATEMENT

Trade in your usual bib necklace, and dress up a basic blouse with a showy Boho-style tassel.

Ben-Amun by Isaac Maneyitz, Fan Tassel Necklace, \$670, ben-amun.com



PRETTY IN PASTELS

Soften your mani with fresh, feminine hues—perfect for the spring.

ZOYA Spring 2015 Delight Collection, \$9 a bottle, artofbeauty.com



SMART BLING

The next generation of wearable tech is, well, finally wearable! This chic Bluetooth-enabled cocktail ring flashes subtly to alert you to calls, texts and emails, so you can stay connected without being rude. **Ringly, \$195+, ringly.com**



STYLISH ALL-IN-ONE

When cabinet space is at a premium, having tools that work double duty (or in this case octuple!) duty is key. This gadget scores extra points for being cute, to boot. **Bin Akebono All-in-One Kitchen Tool Set, \$40, momastore.org**



A SPLASH OF COLOR

Give your kitchen palette a jolt with a new brewer in Pantone's color of the year: Marsala. The earthy brownish-red would pair nicely with rich, dark cabinets.

Keurig® 2.0, \$169.99, keurig.com



A MESSAGE FROM

CHEVROLET MALIBU

QUIET STRENGTH. THE 2015 CHEVROLET MALIBU OFFERS A SMOOTH, REFINED RIDE AND INNOVATIVE STOP/START TECHNOLOGY THAT CAN SHUT OFF THE ENGINE WHEN YOU STOP (SAVING GAS*), THEN START IT AGAIN—AUTOMATICALLY.



CHEVROLET MALIBU

Today's midsized sedan buyer wants it all! And MALIBU delivers, with a "2.5-liter inline four-cylinder base engine that is state of the art," notes *Car and Driver*. Couple that with undeniable good looks and reliable connectivity of the available 4G LTE Wi-Fi** for a driving experience you'll want over and over.

*EPA-estimated MPG city/highway 25/36

**Requires compatible device, active OnStar service and data plan. See onstar.com for system details and limitations.

MUTUAL FUNDS OR MUTUAL FRIENDS?



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With an EPA-est. 36 MPG hwy, Malibu helps you get away with your friends with a lot fewer stops. When you set out to Find New Roads, you become the most awarded car company of 2014!



CHEVROLET MALIBU.
J.D. POWER'S 2014
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INITIAL QUALITY."¹

FIND NEW ROADS²

CHEVROLET



¹ Based on awards received in the past 12 months, ending December 2014. ² The Chevrolet Malibu received the lowest number of problems per 100 vehicles among midsized cars in the proprietary J.D. Power 2014 Initial Quality Study.² Study based on responses from 86,118 new-vehicle owners, measuring 239 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February–May 2014. Your experiences may vary. Visit jdpower.com.

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1 FROG HOP

WORKS QUADS, GLUTES, LEGS

Start with feet just wider than hip-width apart, toes slightly turned out. Keeping chest and chin lifted, squat deeply until you can place your hands flat on the floor between your feet. In one fluid motion, jump into the air and raise your arms above your head, then land and lower yourself back into a crouch. Jump up and down for 30 seconds (this move counts as cardio, too!).

AM I DOING IT RIGHT? You should feel a tight squeeze in your inner thighs. Land on the balls of your feet with soft knees and then squat as low as you can.

BEGINNER TIP

Instead of jumping up, rise to standing position.

2 BEAR CRAWL

WORKS ARMS, SHOULDERS, ABS, LEGS, BACK

Start on all fours, palms flat on floor beneath shoulders, knees under hips. Rise onto your toes and elevate hips slightly. Walk your right hand and left foot forward six inches; follow with left hand and right foot. Alternate moves for one minute.

AM I DOING IT RIGHT? Your abs should be on fire. Pull navel in, toward spine, if not.

BEGINNER TIP

Crawl for only 20 seconds; add 10 seconds every week.



BEGINNER TIP

Continually raise and lower your hips in lieu of walking.

3 CRAB WALK

WORKS ABS, GLUTES, TRICEPS, SHOULDERS, UPPER BACK

Sit with knees bent, feet flat on floor. Place hands palms down, fingers pointed back, on either side of hips. Push into your heels to raise your bottom parallel to the floor. Step your right hand and left foot forward, then follow with left hand and right foot. Alternate for one minute.

AM I DOING IT RIGHT? The space between your shoulders should widen. Not happening? Think "proud peacock" and expand your chest to deepen the stretch.



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* Simulated effect of mattress exposed to dust and allergens. Based on 3rd party testing, allergens under 200x magnification.

{ MORE BLISS, LESS STRESS }



HAPPINESS BOOSTERS TO TRY TODAY!

Easy little tricks to energize your attitude

BY JENNIFER RAINY MARQUEZ

Aa APPRECIATE THE PRESENT

Stewing in the slowest line at the market yet again? The antidote to daily frustration is a thinking tactic called "savoring." When you're stressed, "think about something that's good about your circumstances right now," says Emiliana Simon-Thomas, Ph.D., of the Greater Good Science Center at the University of California, Berkeley. It could be something small—e.g., a favorite song is playing over the loudspeaker. "It's about shifting your perspective to focus on something positive instead of negative," she says.



b
BAKE
It's emotionally therapeutic, research shows. Kneading bread dough or watching cookies rise in the oven offers a confidence-boosting sense of accomplishment. Share the treats with neighbors or coworkers for a double punch of good feelings.



Dealing with trains or traffic can be a huge happiness drain. But if you walk or bike instead, you'll arrive cheerier and more focused, according to research—even if it means your commute is longer. If an active commute isn't possible, listen to an audio-book to give your brain a mental getaway.

DANCE

For a lift, get down, get down. University of Derby researchers found that depressed patients who took salsa lessons improved their moods, and an Australian study found that people who learned to tango had less depression and insomnia and greater life satisfaction.

EXPERIENCE

It turns out money can buy happiness... if you spend it on experiences, not stuff, says Elizabeth Dunn, Ph.D., author of *Happy Money*: "Experiences, especially those shared with others, make you feel more connected. Plus, they'll never get lost or ruined." The dry cleaner may destroy your blouse, but it can't touch your memories. So if you have a little extra, buy a zoo pass or play tickets. Or find free events—happy occasions don't always require cash.



FLIP THROUGH PHOTOS

"People who focus on good things in their past are happier," says Ryan Howell, Ph.D., associate professor of psychology at San Francisco State University. Looking at vacation snaps and baby pics is a warm and fuzzy way of retelling your life story.



GRIN

Doing so stimulates smile muscles and sends nerve signals to your brain that you're happy, says Christine Carter, Ph.D., author of *The Sweet Spot*. So, do you smile because you're happy or are you happy because you smiled? Maybe both!

h

HIKE

Spending time outside makes you feel less tired and more alive, studies show. Twenty minutes of green exercise is all it takes.

i

INHALE

Breathe in through your nose for four counts, hold your breath for one and exhale through your mouth for five to lower heart rate and blood pressure. Aim for three mindful breaths an hour, says Carter.

j

JOURNAL

Notting down what you feel grateful for at day's end can make you feel more optimistic, shows research. It doesn't have to be in a physical journal, says Carter. Texting yourself a reminder of what you're thankful for and why will do it.



KISS

Whether it's a smooch or a peck, kissing stirs up positive feelings. "Neuroscientists think our earliest experiences with lip stimulation, through nursing as infants, lay down neural pathways in our brains that associate kissing with comfort," says Sheril Kirshenbaum, author of *The Science of Kissing*. "Plus, our lips are packed with nerve endings, so even the slightest brush feels good."

L

LET THE LIGHT IN

If the sun is shining, go out! In one study, when people increased their exposure to bright light, they argued less and felt happier. (Just don't forget the sunscreen.)

M

MAKE YOUR BED

Doing one thing to enhance your sense of order is calming. It's all about creating more "small wins" in your life, says Carter: "They are really valuable for happiness."

N

NOSH ON FRUITS AND VEGGIES

Hungry? Reach for produce! Recent research has shown a link between improved mental well-being and eating five or more portions daily.

p

PICK UP THE TAB

Treating a friend to a cappuccino offers a bigger happiness boost than hitting the café solo. Spending just \$5 on another person can make a significant difference in your mood by the end of the day, says a University of British Columbia study. The amount above \$5 doesn't even matter, as long as you use it to benefit someone else.



OPEN AN ORANGE

Olfactory nerves link directly to your brain's limbic system, which governs emotion and memory. That may be why certain aromas trigger nostalgic feelings. Some science suggests that the smell of orange can calm—and even take anxiety out of a dental visit.

find QUIET TIME

Stressing over a deadline? Put down your project and zone out. "It may seem counterintuitive, but taking your mind off of what you need to focus on can lead you to creative solutions," says Simon-Thomas. Your brain needs regular breaks to maintain peak function, so try for 10 to 20 minutes every two hours.



R RUB DOWN

A massage can send you into a state of mental bliss: Research shows that it can improve your body image, and—in as little as five minutes—ease anxiety. Try a quickie at a walk-in place.



S SAVE UP

The clink of coins in a piggy bank is the sound of happiness. "You reap pleasure from literally seeing savings grow," says Howell. "If you save for something special, you'll also get the satisfaction of anticipation."



T TUNE IN

There's a reason the hit song "Happy" makes you feel, well, happy: Listening to upbeat music with the goal of boosting your mood really works, shows research. Any tune will do, says Carter, as long as it lifts your spirits and makes you feel exuberant.

UNPLUG AT NIGHT

Staying constantly tethered to your smartphone can interfere with your relationships and sleep—both of which are key to a contented, unstressed outlook. One simple change that helps: Stop using your phone as an alarm. "It makes it so easy to read and respond to e-mails after you've turned off the alarm in the morning," says Carter. "At that point, you're working, and stressing, before you're even out of bed."



V VACATION (PLAN ONE!)

Mai tais on the beach may not be in the cards today, but you can still reap their mood-boosting benefits. Research suggests there's joy in *anticipating* a trip, not just in taking it. So cue up TripAdvisor!

W WINE (HAVE SOME!)

Cheers! A Spanish study found that people who drank two to seven glasses of wine a week were less likely to get depressed. More ups health risks, though, so pop that cork back in the bottle.

X X-PRESS YOURSELF

Pick up a pen or a paintbrush and let loose—expressing yourself creatively can reduce fatigue and even depression.



Y Y

BREAK FOR YOUTUBE

Indulge your Grumpy Cat video habit—or whatever it is that tickles your funny bone. Clips that make you roll on the floor laughing can give you a rush of feel-good endorphins and reduce stress hormones, helping you relax almost instantly.



You may have heard that if you want happiness for an hour, take a nap. And in fact, sleep plays a huge role in your mental state. "Studies show that you're happier on days after you've slept well than on days after you've slept poorly," says Sonja Lyubomirsky, Ph.D., professor of psychology at the University of California, Riverside. Naps deliver a restorative effect that can turn a bad day good.

COOK SMART: A six-inch pan on an eight-inch electric burner wastes 40% of the heat.



Only Eggland's Best gives you the best in taste & nutrition.

THINK ALL EGGS ARE THE SAME? Then you haven't experienced Eggland's Best.

Compared to ordinary eggs, Eggland's Best eggs have four times the Vitamin D, more than double the Omega 3, 10 times the Vitamin E, and 25 percent less saturated fat. Plus, EBs are a good source of Vitamin B5 and Riboflavin, contain only 60 calories, and stay fresher longer.

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So why settle for ordinary when you can enjoy the best? **Eggland's Best.**



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Better taste. Better nutrition.
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BEST OF THE TEST NO-COOK HEALTHY BREAKFASTS

BY JACLYN LONDON, M.S., R.D. • PHOTOGRAPHS BY JON PATERSON

Rrrring! The alarm goes off, and *wham*: You're racing to get yourself (and the kids) dressed, fed and out the door. Need an assist with the "fed" part? The Good Housekeeping Institute recruited 132 volunteers to taste-test 97 dietitian-approved grab-and-go options.

And the winners are...

BEST OF THE TEST

MICROWAVE

Stash these in the freezer and nuke 'em for a quick, hot meal. Each is less than 350 calories with at least 3 g of fiber. Entrées and eggs also pack 8 g of protein or more.



DIET KEY

- GLUTEN-FREE
- DAIRY-FREE
- ▲ NUT-FREE
- ◆ VEGAN



MUFFINS



BEST BANG FOR YOUR BITE

Garden Lites Chocolate Muffins

Zucchini is the first ingredient, but you'd never know it. Testers were blown away by the "decadent" and "rich" cocoa flavor.

Just as addictive: the Banana Chocolate Chip version. Incredulous, one panelist said, "They're too good to be healthy!" (Both pack a walloping 20% of your Daily Value for fiber.) 120 calories per muffin



ENTRÉES



BEST BRUNCH
Artisan Bistro Beyond Breakfast Huevos Rancheros Verde

Spicy green sauce (wowza!) adds kick to black beans, egg whites and veggies. Packed with protein; lower in sat fat than most egg dishes. 200 calories 



BEST SWEET-AND-SAVORY COMBO
Luvo Farmer's Market Frittata

Mangoes and eggs may sound like an odd couple, but they work well with one another (plus sweet potatoes and salsa) in this dish. 250 calories

SANDWICHES



BEST WRAP
Amy's Breakfast Burrito

Potatoes, tofu, black beans, salsa and vegetables come together in a flavorful combination. It's higher in sodium than we'd like, but since the fiber and protein kept testers' grazing at bay, we made an exception. 270 calories 



BEST BREAKFAST CLASSIC
Kellogg's Special K Flatbread Breakfast Sandwich, Egg With Vegetables & Pepper Jack Cheese

Testers liked the spice in this sandwich. Eat with a potassium-packed orange to balance out the higher sodium. 180 calories for one

\$3.7 BILLION

HOW MUCH WE SPENT ON BREAKFAST/HEALTH BARS ALONE IN 2014

SOURCE: NIELSEN

MOST FILLING
Artisan Bistro Italian Style Hash and Egg

Starving? Help yourself to egg whites, peppers, beans, asparagus and ground turkey. Higher protein content makes it heartier than more caloric offerings. 200 calories 

MOST SURPRISING
Amy's Gluten-Free Tofu Scramble Breakfast Wrap

Want a break from traditional American breakfast? Panelists said this "delicious" veggie-loaded wrap reminded them of "Asian-inspired" fare. 300 calories 



Who says you can't have chocolate for breakfast?



THEY'RE THE TOPPERS!

Sprinkle, squeeze or spread these individual-serving snacks over breakfast to up the ante on flavor and nutrition



ON OATMEAL

Blue Diamond Almonds 100-Calorie Packs bring 4 g of satisfying protein (and crunch!) to warm porridge.



ON YOGURT

Half a pack of Purely Elizabeth Ancient Grain Granola delivers texture and a touch of sweetness.



ON WAFFLES

These plump, juicy Fruit Bliss Organic Turkish Mini Figs rack up 6 g of fiber. (So there, jam!)



ON TOAST OR FRUIT

The Justin's Classic Peanut Butter squeeze pack goes on with a quick pinch; no knife needed.



ON ANYTHING

Sprinkle a Carrington Farms Flax Hemp Pak onto whatever you're eating to add heart-healthy omega-3s.

DIET KEY

-  GLUTEN-FREE
-  DAIRY-FREE
-  NUT-FREE
-  VEGAN

BEST OF THE TEST TOASTER

Sometimes you need a carb or crunch to get you going in the A.M.—these fiber-filled, grain-based treats provide a satisfying bite. Expert tip: Keep flavored versions to 6 g of sugar per serving.

BREADS



BEST BAGEL MAKEOVER

Thomas' 100% Whole Wheat Bagel Thins
These flattened bagels are way more waistline-friendly than what's behind the deli

counter. And to many panelists, they were just as tasty. Also: Thomas' Oatmeal With Cinnamon Bagel Thins lose some good-for-you cred by listing enriched wheat flour as their first ingredient, but the "French toast" taste is so divine, they're worth a splurge. 110 calories per bagel thin



Food for Life
7 Sprouted Grains
Cinnamon Raisin
Bread



MOST VERSATILE

Food for Life 7 Sprouted Grains English Muffins

This soft, cranny-filled bread has a deep, almost nutty flavor and contains more fiber than most other English muffins. 160 calories per muffin



Following our SuperCarb Diet? These all-stars are made from Super Grains—perfect for breakfast! For the meal plan plus more on the diet, visit goodhousekeeping.com/supercarb.



For a berry good breakfast, just add fruit.

BEST TOAST FOR TOPPINGS

Food for Life 7 Sprouted Grains Cinnamon Raisin Bread

Juicy whole raisins take center stage in this thicker-cut bread. (Smear on cream cheese.) 160 calories in 2 slices



WAFFLES



BEST FOR A SWEET TOOTH

Nature's Path Maple Cinnamon Waffle

Maple syrup is baked into these babies. That means no sticky mess. Runner-up: The Flax Plus Red Berry Waffle has flecks of raspberry that panelists said tasted like "real fruit." 190 calories in 2 waffles



Mamma Chia
Chia Squeeze
in Strawberry
Banana

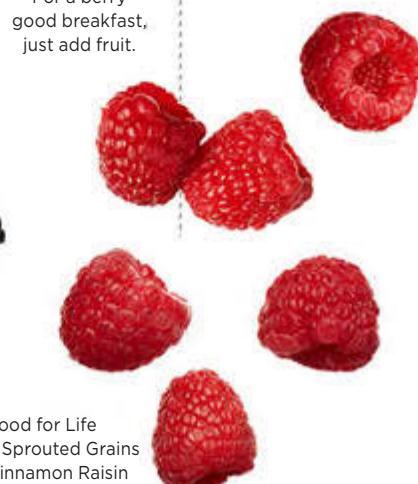
YAY FOR PUREE?

Yes, it's basically baby food for adults. But if you're craving a smoothie and don't have time to make one, these squeeze pouches are your best bet. Our favorites:

Mamma Chia Chia Squeeze in Strawberry Banana (above)

and **Plum Vida Organic Fruit & Veggie Blend**.

The Pear, Kale, Spinach and Celery flavor is like a green juice that's actually affordable!



GO TO THE STORE ON YOUR WAY HOME
from work rather than making a separate trip.

tangy sour cream
+ zesty green onion
+ russet potatoes
+ brand NEW recipe
= **SPECIAL K**

Introducing the **Special K**
collection of Cracker Chips.
Now with 120 crispier, crunchier
calories for you to love.

Special
K
BE FLAVORFUL



BEST OF THE TEST ON-THE-GO

Can't even spare a minute in the morning? Toss one of these in your bag to eat and run.

The bars all list a grain or fruit as the first ingredient and contain at least 3 g each of protein and fiber. The sweetened yogurts have less than 12 g of sugar per serving, and the cereals pack about 5 g or less of sugar per 100 calories.



Matcha to Go

YOGURTS



BEST CREAMY TREAT

Siggi's Vanilla Yogurt

Believe it or not, healthy yogurt doesn't have to be plain! This Icelandic *skyr* (similar to Greek yogurt) has a smooth vanilla taste and only 9 g of sugar—many leading brands contain double that.

100 calories per 5.3-oz. container



BEST POWER MEAL

Fage Total 0% Greek Yogurt

There's a whopping 18 g of protein in every container of this everyday basic. Add fruit for a more palatable flavor.

100 calories per 6-oz. container

YOUR ZEN WAKE-UP

Mix this to-go pack of matcha (a powdered Japanese green tea) into yogurt, milk or hot water for an antioxidant-packed treat containing L-theanine, a compound that can help with relaxation and alertness. Take that, caffeine!



BEST FOR MULTITASKERS

Chobani Kids 2-oz. Strawberry Greek Yogurt Tubes

Who cares if it's technically for munchkins? Thanks to its packaging, you can eat this sweet-but-not-sugary yogurt with one hand so you can use the other to wrangle your baby—or a mascara wand. 50 calories per tube

3 WAYS TO MAKE A QUICKIE BREAKFAST TASTE LIKE A FEAST

in 60 seconds or less



POUR PROTEIN INTO YOUR CUP

Trade your usual joe for a 16-oz. latte made with nonfat milk or soy milk. You'll add up to a filling 13 g of protein to breakfast.



ADD FRUIT

Munch on a medium whole fruit (an apple, a pear, an orange), or chop up a cup of berries to upgrade breakfast by about 100 calories and 5 g of fiber.



EAT LAST NIGHT'S LEFTOVERS

Sprinkle fruit and yogurt over quinoa or brown rice to make a parfait; zap sauteed veggies and serve with a microwave entrée; or top bread with salmon or chicken.

And when you're craving something sweet, indulge in **NEW Special K Divine Fudge Brownies.**



BARS



BEST CEREAL SUBSTITUTE

Kashi Honey Oats Flax Crunchy Granola and Seed Bar

This plain, wholesome treat—good for picky eaters—goes great with a teaspoon of nut butter. 180 calories per 2-bar package



BEST FOR JAVA LOVERS

Kashi Dark Mocha Almond Chewy Granola Bar

A "coffee-flavored Rice Krispie treat," one panelist said of this satisfying bite. 130 calories per bar



BEST KEEP-IN-YOUR-DESK SNACK

Kind Healthy Grains Bars in Maple Pumpkin Seeds With Sea Salt

If trail mix turned into a bar, this would be it. Each one contains a slew of healthy grains (oats, buckwheat, quinoa) you can actually see. Just right for 10 A.M. stomach rumbles. 150 calories



MOST INDULGENT

Clif Bar Company Clif Crunch Peanut Butter

Reach for this filling option when your sweet tooth demands it. It's got more sugar than we'd like (about 2½ teaspoons added), but it's satisfying and, of course, delicious. 200 calories per 2-bar package

OATMEALS



MOST SATISFYING

ThinkThin Protein & Fiber Oatmeal in Madagascar Vanilla, Almonds, Pecans

It's "rich" and "creamy" and studded with toasted pecans and almonds. Salivating yet? 190 calories per serving



MOST LIKE GRANDMA'S

Country Choice Organic Steel Cut Instant Oatmeal

The oats in this pantry staple get cooked halfway to doneness before they're sealed in the packaging. The result: An "instant" microwave heat-up that works perfectly. 150 calories per packet



EDITOR'S PICK



BEST ALL-IN-ONE FIND

GoPicnic Almond Butter and Multigrain Bagel Chips

Ready-to-Eat Breakfast

These tasty bagel chips come packaged with fruit leather and a packet of almond butter. What else could you need in a snack? We know! It's also available gluten-free. 340 calories per box



MIKE GARTEN (oatmeal)

From the editors of the New York Times best seller **7 Years Younger**

Lose Years... IN MINUTES

101 Instant Makeovers for
a more youthful YOU!



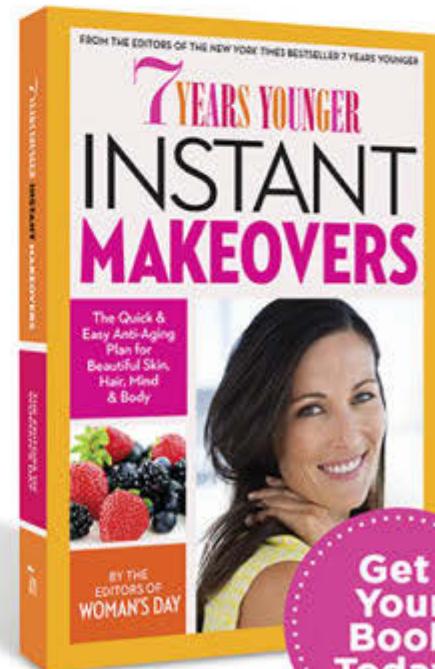
Discover the makeover secrets that worked for our test panelists!

Get smoother skin... thicker hair... plumper lips... longer lashes... a brighter smile...

The must-have guide that will help you look better, feel better, and bring out your natural glow... NOW!

- **Play up your best features** while you downplay your problem areas
- **Choose flattering colors, fashions and hairstyles**
- **Feel years younger...** and light-years more confident!
- **Sleep more soundly... banish stress... eat better... and feel great about yourself**

Stop throwing money away on ineffective beauty products: our **7 Years Younger** test panelists give you the skinny on what really works!



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 **Mission®
PHARMACAL**

Save one for the Easter bunny. If you can.



Philadelphia® Easter Mini Cheesecakes

Prep Time: 20 min. | Total Time: 3 hrs. 20 min. incl. refrigeration | Makes: 18 servings

1 cup graham cracker crumbs
 $\frac{3}{4}$ cup plus 2 Tbsp. sugar, divided
3 Tbsp. butter, melted
3 pkg. Philadelphia® Cream Cheese (8 oz. each), softened

1 tsp. vanilla
3 eggs
1 cup plus 2 Tbsp. coconut
54 speckled chocolate eggs

HEAT oven to 325°F.

MIX graham crumbs, 2 Tbsp. sugar and butter; press into the bottoms of 18 paper lined muffin cups.

BEAT cream cheese, vanilla and remaining sugar with mixer until smooth.

ADD eggs, 1 at a time, mixing on low speed after each just until blended. Spoon over crusts.

BAKE 25 to 30 minutes or until centers are almost set. Cool completely. Refrigerate for 2 hours.

TOP each cheesecake with 1 Tbsp. toasted coconut shaped into a nest. Fill each nest with 3 speckled chocolate eggs.



Made with fresh milk, real cream and no preservatives.

GOOD
HOUSEKEEPING

your **KITCHEN**

DELICIOUS RECIPES. NEW COOKING TOOLS. EASY PREP TIPS.

EASIEST EVER **EASTER DINNER**

For recipes, see
page 148.

Any way you slice it, this is the perfect ham for a feast. Cooked bone-in and topped with a sweet-savory glaze of apricots and mustard, it's full of juicy, scrumptious flavor. Best of all, it's ready for the oven in 10 minutes (pop in the herbed vegetables while the ham rests), leaving you free to make as many adorable marshmallow bunnies (page 151) as you'd like.



Apricot-Mustard Ham
with Herb-Roasted
Root Vegetables

Food styling by Christine Albano

PHOTOGRAPH BY YOSSY AREFI



BYO BAGS. Target and Whole Foods pay
you for every disposable bag you don't take.

FROM THE KITCHEN...



SUSAN WESTMORELAND
FOOD DIRECTOR

"Ham or lamb? It's the Easter question in my Southern-boy-meets-Italian-girl home. This year, I'm doing the ham on page 127 (it's that yummy!). Oh, and those adorable pancakes on page 138."

FOLLOW US @ghtestkitchen

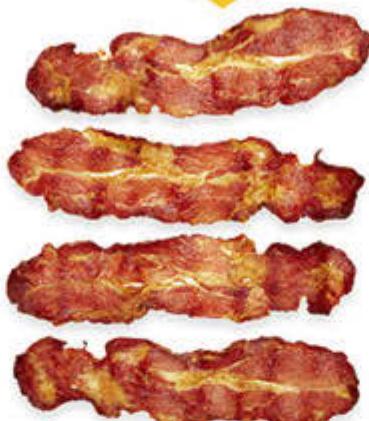


INSTANT HORS D'OEUVRES

These tasty yogurt-based Mediterranean dips are packed with probiotics and calcium. Smear on crackers, bagels, pretzels, whatever you love.

\$3, blueislespread.com

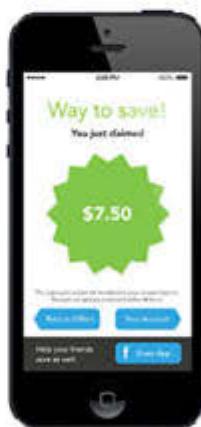
WHAT WE'RE EXCITED ABOUT THIS MONTH



THIS BACON

AIN'T FAKIN'
Applegate Naturals Good Morning Bacon is cut from the leaner pork shoulder—so you still get that traditional smoked taste, but with 60% less fat (and only 40 calories for two pan-fried slices!).

**\$5 for 8 oz.,
applegate.com**



SCAN & SAVE

Score deals at the supermarket with the apps Checkout 51, Ibotta and Target's Cartwheel. Just upload proofs of purchase or bar codes and earn money back (no more coupon-clipping!).

(**all iOS and Android**)

>

SWIG IN STYLE

Keep water icy cold, or coffee steaming hot, in chic patterns like alligator, wood and linen.

**\$25 (9 oz.), \$35 (17 oz.), \$45 (25 oz.),
swellbottle.com**



SO FUNNY

The culinary quips on these greeting cards will make you giggle. Even more heartening? All proceeds go toward helping sex-trafficking victims start new careers. What's not to love?

\$6 each, myfootprint.is/gifting

JON PATERSON/Studio D (crackers, bacon); DAVID LAWRENCE/Studio D (card).





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**The taste of the holidays,
without having to get the decorations out of the attic.**



Slow Roasted and Carved Thick. Oscar Mayer Carving Board gives you all the taste of the holidays, without all the hassle.

It's Holiday, Any Day Food. It's **Oscar Mayer**.

Brillo® it off!

Smarter solutions
for everyday messes



Independent test results demonstrate that **bacteria will not feed and survive** on the sponge fibers of Estracell sponge material...*Naturally!*

The unique cell structure **rinses cleaner** and **dries out faster** eliminating the perfect breeding condition for bacteria and fungal growth.

These qualities make Estracell **MORE SANITARY!**

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MADE WITH
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The original mess fighter!

Cuts through grease with more soap and bonded edges to maintain shape for easier cleaning!



Made in the USA  #BrilloItOff
For more information go to Brillo.com

EASY WEEKNIGHTS

Stuck in a dinner rut? Freshen up the menu with any one of these delicious new dishes



PHOTOGRAPHS BY
EMILY KATE ROEMER

OIL CHECK

For perfectly crisp meat, test the oil temp before frying. Drop in a bread crumb; if it sizzles, it's hot enough.

Crispy Sesame Pork

In sm. saucepan, whisk 3 Tbsp. lower-sodium **soy sauce** and 2 Tbsp. **brown sugar**. Heat to simmering on med. Simmer 2 min.; cool. On med. plate, combine $\frac{1}{3}$ c. **panko bread crumbs** and 2 Tbsp. **sesame seeds**. In shallow bowl, beat 1 **egg**. Dip 4 thin boneless **pork chops** (about 1 lb.) in egg, then coat in panko mixture. In 12-in. skillet, heat 3 Tbsp. **canola oil** on med.-high until hot. Fry chops 3 min. per side or until cooked (145°F). Drain on paper towels; cut into cubes. In lg. bowl, toss 5 oz. **salad greens**; 1 c. **grape tomatoes**, halved; 1 c. **shredded carrots**; and pork with soy reduction.

SERVES 4 About 375 cals, 24 g protein, 19 g carbs, 22 g fat (4 g sat), 2 g fiber, 520 mg sodium.



NIX JUNK MAIL. Go to dmachoice.org to get off mailing lists and save paper.

April 2015 **GH** 131



SAUCE SECRET

For a velvety sauce, use a whisk to stir cheese into the milk-and-cornstarch mixture while it's still very hot—whisking keeps it from clumping, and heat helps it blend.

Mac 'n' Pimiento Cheese

Cook 1 lb. **cavatappi pasta** as label directs. Two min. before pasta is done, add 4 c. each **packed baby spinach** and chopped sm. **broccoli florets** to pasta pot. Drain well. Meanwhile, in 5-qt. saucepot, whisk 3 Tbsp. **cornstarch** and ½ c. **whole milk** until smooth. Slowly whisk in another 1½ c. milk and ½ tsp. each **salt** and **pepper**. Heat to boiling on med.-high, whisking constantly. Boil 2 min., whisking. Reduce heat to med.-low. Stir in 12 oz. shredded **extra-sharp Cheddar cheese**, 1 handful at a time, and ¼ tsp. **garlic powder**. Fold in 1 jar (3 oz.) **chopped pimientos**, drained, along with pasta and vegetable mixture. Serve with **hot sauce**, if desired.

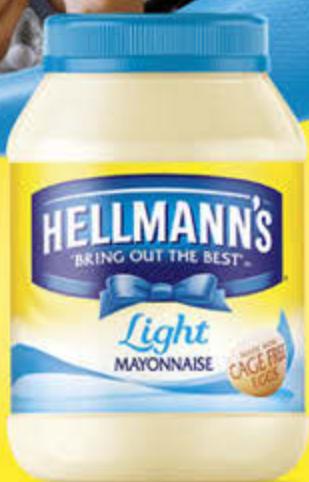
SERVES 8 About 460 cals, 20 g protein, 52 g carbs, 18 g fat (11 g sat), 4 g fiber, 480 mg sodium.



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Here's to America's best tasting light mayo!

Hellmann's® Light won a national blind taste test of leading brands among people with a preference. With only 35 calories per tablespoon, it's so good most people can't tell the difference versus regular mayo. #CantTellItsLight





For more recipes and the plan, go to goodhousekeeping.com/supercarb.



LENTIL LOGIC

Brown, green or black lentils are delicious in this dinner, but skip the red ones—they tend to fall apart when cooked through.

Chutney-Glazed Shrimp with Lentils

In 5-qt. saucepot, combine 1 c. **lentils** and 6 c. **water**. Heat to simmering on high. Simmer 25 min. or until lentils are tender, stirring occasionally. In med. bowl, mix ½ c. **mango chutney**, ½ tsp. **curry powder** and ½ tsp. **pepper**. Add 1 lb. peeled, deveined (31 to 35 ct.) **shrimp**; toss to coat. Arrange in single layer on foil-lined rimmed baking sheet. Broil on High 2 min. or until shrimp is cooked through. Drain cooked lentils well; return to pot, along with cooked shrimp; 3 med. **zucchini**, thinly sliced into half-moons; 1 c. **fresh cilantro leaves**; and ¼ tsp. **salt**. Toss to combine.

SERVES 4 About 425 cals, 43 g protein, 57 g carbs, 3 g fat (0 g sat), 13 g fiber, 825 mg sodium.



There's **only one** extra ingredient in **Homemade.**



Buttercream Frosting

Ingredients

3 3/4 cups (1 lb. box) Domino® Confectioners Sugar
1/2 cup butter (1 stick), softened
3 to 4 tablespoons milk
1 teaspoon vanilla extract

Instructions

In a large bowl with electric mixer at low speed, combine sugar, butter, milk and vanilla. Beat at medium speed 1 to 2 minutes until creamy. If desired, add more milk until frosting is spreading consistency.

Makes enough to fill and frost a 2-layer cake, a 13x9x2-inch sheet cake or 24 cupcakes.

Join us for
more frosting recipes.



dominosugar.com

Sugar
Butter
Milk
Vanilla Extract

Love

Say "bye, bye" to canned frosting. With **Domino® Confectioners Sugar**, and a few more ingredients you already know how to pronounce, your homemade Buttercream Frosting will be freshly whipped up before you can find your car keys to head to the store.

Domino® Confectioners Sugar is an all-natural pure cane sugar, with 15 calories per teaspoon. Now that's **the Real Way to do Sweet.**™



Teach her the real way to make frosting.

*the Real Way
to do Sweet!*



You can also find our **Buttercream Frosting** recipe on the **1 lb. Domino® Confectioners Sugar** box.

**SMART SWAP**

To cut the carbs, wrap this tasty filling in Boston lettuce leaves instead of rolls.

Taco Hero

In 12-in. skillet, heat 1 Tbsp. **canola oil** on med.-high. Add 1 sm. **onion**, finely chopped. Cook 3 min. or until starting to soften, stirring occasionally. Add 1¼ lbs. **ground beef** (90% lean), 2 tsp. **chili powder**, 1 tsp. **ground cumin** and ½ tsp. **salt**. Cook 5 to 7 min. or until beef is cooked, breaking up with back of wooden spoon. Stir in 2 med. **tomatoes**, chopped. Cook 1 min., stirring. Serve on 4 **hero rolls**, lightly toasted. Top with shredded **Cheddar cheese** and **lettuce**.

SERVES 4 About 435 cals, 34 g protein, 27 g carbs, 21 g fat (7 g sat), 2 g fiber, 665 mg sodium.



America Cooks With Chefs, a Clinton Foundation contest, challenged chefs to create healthy, family-friendly dishes under 800 calories. This meal, by Chef Maria Hines of Seattle's Tilth, comes in at under 400 calories, thanks to skinless chicken and steamed (not sautéed) green beans.

**NO-FAT FLAVOR**

A blend of garlic, soy, vinegar and spices makes this Filipino dish super tasty without any oil.

Chicken Adobo over Gingery Rice

In 5-qt. saucepot, mix 1 c. lower-sodium **soy sauce**; ¾ c. **rice wine vinegar**; 1 med. **onion**, chopped; ¼ c. **brown sugar**; 2 Tbsp. **lime juice**; 1 Tbsp. **grated fresh ginger**; 3 **garlic cloves**, smashed; 3 **bay leaves**; and 2 tsp. **pepper**. Add 2 lbs. skinless, boneless **chicken thighs**. Cover; heat to simmering on high. Reduce heat; simmer 1 hr. Serve with 1 c. **long-grain brown rice** (cooked as label directs, with 1 Tbsp. **grated ginger**, 1 **bay leaf**, pinch of **salt** and ½ tsp. **pepper**) and 1 lb. **green beans**, steamed with 1 Tbsp. each minced **garlic** and **lime juice**.

SERVES 4 About 370 cals, 32 g protein, 33 g carbs, 12 g fat (3 g sat), 4 g fiber, 305 mg sodium.

PRESERVE YOUR RIGHT

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preservatives.

Say NO to Sodium benzoate,
Potassium lactate &
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Things only a chemist would love.

Say YES to natural lunchmeat
with flavors like Cherrywood,
Cracked Pepper or Sriracha.

Things mother Nature would love!
Now that you know,
it's easy to

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Mmm... MORNING!

Hop to it: Whip up cute and tasty hotcakes quick as a you-know-what



3-Ingredient Banana Pancakes

1. In blender, puree 2 very ripe lg. bananas until smooth. Add 3 lg. eggs; pulse until combined. Pulse in $\frac{3}{4}$ c. self-rising flour until just incorporated.

2. Lightly grease griddle or nonstick 12-in. skillet; heat on med. 1 min.

3. Drop batter onto hot griddle as directed below. Cook pancakes 2 to 3 min. or until bubbles start to form and edges look dry. With spatula, turn; cook 1 to 2 min. more until puffy and underside is golden brown (keep warm on cookie sheet in 225°F oven).

For each bunny: Drop $\frac{1}{4}$ c. batter for body, 2 Tbsp. batter for head, 1 Tbsp. batter in oval shape for each foot and 1 Tbsp. batter in elongated shape for each ear. Arrange on plate.

TOPPINGS: Garnish with **whipped cream** and **shredded coconut** for tail and **banana slices** and **mini chocolate chips** for feet.

SERVES 4 About 200 cals, 8 g protein, 33 g carbs, 4 g fat (2 g sat), 2 g fiber, 335 mg sodium.

PHOTOGRAPH BY JON PATERSON



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and you'll save 300 gallons of gas per year.



Behold,
an enchanted
protein & grains
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This magical marriage of sun-baked *grains*
in milk's powerful liquid embrace
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Set your table tonight with Kellogg's.

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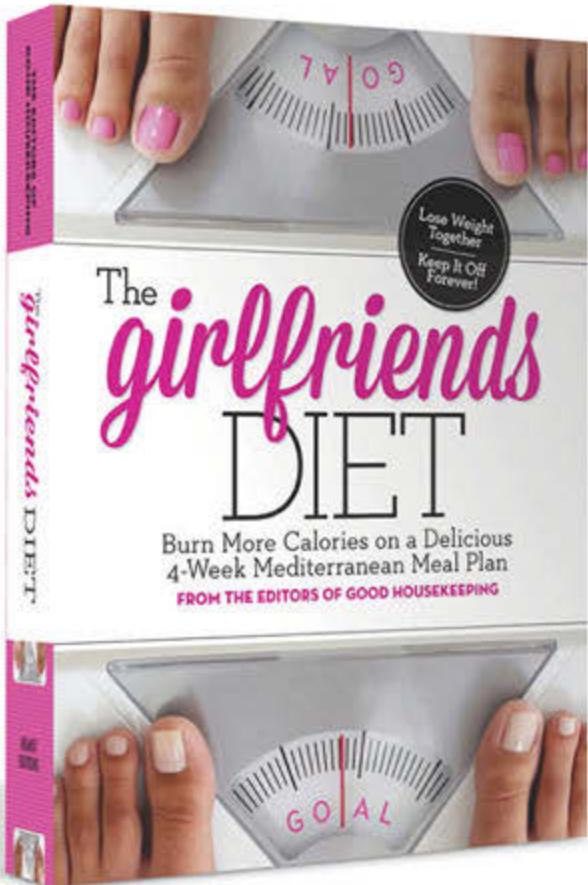


Cereal plus milk breakfast includes one serving of these Kellogg's cereals plus 1/2 cup of skim milk.

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RECIPE *finder*



Pickled Red Onions

PREP 15 MINUTES

TOTAL 20 MINUTES
PLUS CHILLING

- ½ c. fresh lime juice
- ¼ c. distilled white vinegar
- 10 oz. sm. red boiling onions (about 30), peeled and halved, or 1 red onion, thinly sliced (about 1 c.)

1. If using boiling onions: In med. bowl, stir lime juice, vinegar and 1 tsp. kosher salt together. Heat med. saucepan of water to boiling on high. Add sm. onions; boil 1 min. or until just softened. With slotted spoon, transfer to bowl with lime juice mixture. Cover and refrigerate, stirring occasionally, at least 40 min. or until cold. Makes 2 c.

2. If using sliced onion: In sm. bowl, combine sliced onion, lime juice, vinegar and 1 tsp. kosher salt. Cover; refrigerate at least 20 minutes, stirring occasionally. Makes $\frac{3}{4}$ c.

3. Transfer to a jar; refrigerate (up to 2 weeks) until ready to use.

Baja Salad

TOTAL 30 MINUTES
PLUS ONION PICKLING

CILANTRO DRESSING

- ¼ c. packed fresh cilantro leaves
- 1 clove garlic
- 2 Tbsp. fresh lime juice
- 2 Tbsp. liquid from Pickled Red Onions (right)
- ¼ c. olive oil

SALAD

- 3 c. coarsely torn romaine lettuce heart (from 1 head)
- 1½ c. very thinly sliced green cabbage
- 4 radishes, cut into matchstick-size strips
- 1 carrot, cut into matchstick-size strips
- 1 c. cherry tomatoes, halved Pickled Red Onions (right)
- 2 sm. avocados, cut into large chunks (about 2 c.)
- ½ c. coarsely crumbled Cotija cheese or feta cheese

- 3 Tbsp. toasted shelled pumpkin seeds (pepitas)
- About 1½ c. tortilla chips, coarsely crumbled

1. Make Dressing: In sm. food processor, process cilantro, garlic, lime juice and pickled-onion liquid until garlic is minced and cilantro is finely chopped. With machine running, slowly pour in oil until dressing is well blended. Season with kosher salt. Dressing can be made up to 1 day ahead; cover and refrigerate.

2. Make Salad: Just before serving in lg. wide bowl or on platter, gently toss romaine, cabbage, radishes, carrot and tomatoes with enough dressing to coat. Season with salt. Drain pickled onions and scatter over salad. Top with diced avocados, Cotija cheese, pumpkin seeds and crumbled tortilla chips. Serve immediately.

SERVES 6 About 235 cals, 6 g protein, 16 g carbs, 18 g fat (4 g sat), 6 g fiber, 340 mg sodium.



Spaghettini with Lemon & Ricotta

PREP 5 MINUTES
TOTAL 20 MINUTES PLUS
 MAKING RICOTTA

12 oz. spaghettini
¾ c. Homemade Ricotta (below)
 or good-quality fresh
 whole-milk ricotta
1½ Tbsp. extra virgin olive oil
2 lemons

1. Heat lg. saucepot of salted water to boiling on high. Add spaghettini; cook 6 min. or until tender but still firm to the bite, stirring occasionally. Drain, reserving $\frac{1}{2}$ c. cooking water.
2. Meanwhile, in lg. bowl, mix ricotta, oil and $\frac{1}{2}$ tsp. freshly ground pepper. Finely grate peel of 1 lemon; stir into ricotta. Season with kosher salt.
3. Add spaghettini to ricotta mixture; stir well, adding reserved cooking water if needed. Season to taste.
4. Divide pasta among 4 plates. Finely grate peel of remaining lemon over pasta; serve immediately.

SERVES 4 About 495 cals, 14 g protein, 65 g carbs, 19 g fat (8 g sat), 3 g fiber, 335 mg sodium.

Homemade Ricotta

PREP 5 MINUTES
TOTAL 25 MINUTES PLUS
 DRAINING AND CHILLING

4 c. whole milk
1 c. heavy cream
¾ c. buttermilk
1 Tbsp. fresh lemon juice

1. In lg. heavy saucepot, combine milk, cream, buttermilk and lemon juice; cook on med. 25 min. or until the mixture has reached 160°F, stirring occasionally to prevent scorching.

The mixture will begin to separate into milky cheese curds and watery whey.

2. Line strainer with cheesecloth and set it over med. bowl. Pour milk mixture into strainer; refrigerate about 2 hours or until most of liquid has drained from cheese. The texture of the cheese will depend on draining time; for firmer texture, drain cheese for as long as overnight.
3. Remove ricotta from cheesecloth; transfer to airtight container. Refrigerate until ready to use, up to 5 days.

MAKES 2 CUPS

Quick-Braised Spring Vegetables

PREP 15 MINUTES
TOTAL 25 MINUTES

1 spring onion or 4 green onions, trimmed and sliced
2 cloves garlic, finely chopped
3 Tbsp. olive oil
3 Tbsp. lower-sodium chicken broth or water
8 oz. asparagus, trimmed and cut into 1½-in. pieces
1 c. shelled fresh fava beans (from about 1 lb. pods), peeled, or sugar

snap peas, trimmed and halved crosswise
1 c. shelled fresh English peas (from about 1 lb. peas in the pod) or frozen peas (thawed)
½ head escarole, torn into bite-size pieces (about 2 c.)
3 c. loosely packed baby spinach leaves
½ c. loosely packed fresh basil leaves
1 Tbsp. finely grated lemon peel
1 Tbsp. fresh lemon juice
1 Tbsp. finely chopped fresh chives
Parmesan cheese, for serving

1. In heavy 12-in. skillet, combine spring onion, garlic, oil and broth; heat to simmering on med. heat. Cover; cook about 2 minutes, or until onion softens slightly.
2. Add asparagus, fava beans and peas and sauté 2 to 3 min., or until beans and peas are heated through. Add escarole, spinach and basil; sauté 2 to 3 min., or until escarole wilts and asparagus is crisp-tender.
3. Stir in lemon peel and juice. Season to taste with kosher salt. Transfer to serving platter; sprinkle with chives and grated Parmesan. Serve immediately.

SERVES 6 About 120 cals, 5 g protein, 10 g carbs, 4 g fat (1 g sat), 4 g fiber, 250 mg sodium.





Chicken Chile Verde

PREP 20 MINUTES
TOTAL 1 HOUR 10 MINUTES

- 1 whole chicken (4½ lbs.), cut into 2 thighs, 2 drumsticks, 2 breasts and 2 wings
- 4 c. lower-sodium chicken broth
- 1 onion, cut into lg. pieces
- 4 garlic cloves
- 1 lb. tomatillos, husked and rinsed
- 4 jalapeño chiles, seeded and coarsely chopped
- 1 Tbsp. olive oil
- 6 green onions, green tops coarsely chopped, white bottoms thinly sliced and reserved for Garnish (below)
- ½ c. raw shelled pumpkin seeds (pepitas)
- ¾ c. loosely packed fresh cilantro leaves with tender stems
- ½ tsp. cayenne (ground red) pepper
- ½ tsp. ground cumin
- 2 Tbsp. fresh lime juice

GARNISH

- 1 c. shredded iceberg, romaine lettuce or green cabbage
- ½ c. crumbled queso fresco
- 1 avocado, sliced
- ½ c. fresh cilantro leaves
- 1 lime, cut into wedges

1. Season chicken with ½ tsp. each kosher salt and freshly ground black pepper. In lg. heavy saucapot, combine chicken, broth, half of onion and 2 garlic cloves; heat to boiling on med.-high. As broth comes to a boil, with spoon, remove any scum that

rises to surface. Reduce heat to maintain simmer, cover and simmer gently about 50 minutes, or until chicken pulls apart easily.

2. Meanwhile, preheat oven to 400°F.
3. Line rimmed baking sheet with foil; add tomatillos, jalapeños, remaining onion and remaining 2 garlic cloves. Toss with oil to coat. Roast about 20 min. or until vegetables are tender and beginning to caramelize. Add green onion greens and pumpkin seeds to baking sheet; roast about 5 min. or until seeds are toasted.
4. Transfer tomatillo mixture to food processor. Add cilantro, cayenne, cumin and lime juice; puree until smooth. Season with salt and pepper.
5. When chicken is tender, remove and set aside to cool slightly. Strain broth through fine-mesh sieve; discard solids. Return broth to pot; simmer about 10 min. or until reduced by one-third.
6. As soon as chicken is cool enough to handle, remove meat, coarsely shredding it with hands; discard bones, skin and cartilage.
7. Remove reduced broth from heat. Stir in shredded chicken and tomatillo puree. Heat to simmering on med.; simmer 5 min. to blend flavors. Season with salt and pepper. Can be made ahead and refrigerated, covered, up to 2 days; reheat, covered, on med.
8. Ladle chile verde into bowls. Garnish with lettuce, queso fresco, avocado, cilantro and reserved green onion whites. Serve with lime wedges.

SERVES 4 About 675 cals, 52 g protein, 22 g carbs, 43 g fat (11 g sat), 8 g fiber, 730 mg sodium.



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Roasted Salmon & Beets with Herb Vinaigrette

PREP 15 MINUTES
TOTAL 45 MINUTES

1 lb. med. beets, preferably golden, scrubbed and very thinly sliced lengthwise
6 Tbsp. extra virgin olive oil

1½ lbs. skinless salmon fillet, in 1 piece (from wide end)
1 Tbsp. finely chopped fresh chives
1 Tbsp. finely chopped fresh flat-leaf parsley
1 Tbsp. finely chopped fresh tarragon
3 Tbsp. finely chopped shallots
1 Tbsp. finely grated lemon peel
¼ c. fresh lemon juice
4 c. mixed baby greens

1. Preheat oven to 450°F.
2. On rimmed baking sheet, toss beets with 1½ Tbsp. oil to coat. Season with kosher salt and freshly ground black pepper. Arrange beets in center of sheet, forming a bed large enough to hold salmon. Roast beets about 20 min. or until crisp-tender.
3. Place salmon on top of beets. Brush salmon with ½ Tbsp. oil; season with salt and pepper. In lg. bowl, mix chives, parsley and tarragon; sprinkle all but 1 Tbsp. of mixed herbs over salmon.
4. Roast salmon about 15 min. or until cooked to med.-rare (slightly rosy in center). Remove from oven.
5. Meanwhile, whisk shallots, lemon peel and juice and remaining 4 Tbsp. oil into remaining mixed herbs. Season dressing to taste with salt and pepper.
6. Toss greens with 2 Tbsp. of dressing. Drizzle remaining dressing over salmon and beets; serve greens alongside.

SERVES 4 About 440 cals, 36 g protein, 12 g carbs, 27 g fat (5 g sat), 3 g fiber, 780 mg sodium.

Swap out sugar for a sweet afternoon





Pavlova with Strawberries & Rhubarb

PREP 40 MINUTES

TOTAL 2 HOURS PLUS COOLING

MERINGUE

- 6** lg. egg whites
- 1 1/4** c. superfine sugar
- 1** tsp. distilled white vinegar
- 1/2** tsp. pure vanilla extract
- 1/4** tsp. kosher salt
- 2** Tbsp. plus 2 tsp. cornstarch

TOPPING

- 3** Tbsp. amaretto or other almond-flavored liqueur
- 3** Tbsp. honey (preferably lavender honey)
- 6** oz. fresh rhubarb, thinly sliced diagonally
- 8** oz. sm. fresh strawberries, hulled and halved
- 1 1/2** c. heavy cream
- 1** tsp. pure almond extract
- 2** Tbsp. finely chopped toasted pistachios
- Confectioners' sugar, for sifting

1. Make Meringue: Position rack in lower third of oven; preheat oven to 300°F. Line lg. baking sheet with parchment paper; draw 8-in. circle on parchment. Turn parchment over.

2. In bowl of stand mixer, with whisk attachment, beat egg whites until foamy. Gradually add sugar, beating on med.-high about 10 min., or until firm, glossy peaks form. Beat in vinegar, vanilla and salt. Sift cornstarch over meringue; gently fold it in.

3. Using lg. spoon, dollop meringue into center of circle on prepared baking sheet. Spread meringue decoratively, keeping it within circle (meringue will expand slightly as it bakes).

4. Place meringue in oven. Immediately reduce oven temperature to 225°F and bake 1 hour to 1 hour 30 min. or until outside of meringue is crisp, but inside is still marshmallowlike; meringue should puff ever so slightly. Turn off oven and prop its door open with wooden spoon; leave meringue in oven 30 min., then remove and cool completely. Can be made up to 8 hours ahead. Once cooled, cover and store at room temperature.

5. Prepare Topping: In med. heavy saucepan on med.-high, whisk amaretto and honey until mixture simmers. Add rhubarb; return mixture to simmering. Simmer 2 min., then remove pan from heat. Cover; set aside about 5 min. or until rhubarb softens slightly without becoming mushy.



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6. Transfer rhubarb mixture to med. bowl. Add strawberries; toss to coat. Set aside, tossing occasionally, at least 30 min. or until strawberries have softened slightly.

7. Assemble Pavlova: In lg. bowl, with hand mixer, beat cream with almond extract until just thick enough to form loose dollops. Set meringue on platter; spoon cream over it. With slotted spoon, arrange strawberry-rhubarb mixture on top of cream; reserve juices in bowl. Sprinkle Pavlova with pistachios; sift confectioners' sugar over it.

8. Cut Pavlova into wedges and transfer to plates. Drizzle some reserved strawberry-rhubarb juices around each wedge; serve immediately.

SERVES 8 About 405 cals, 4 g protein, 61 g carbs, 18 g fat (11 g sat), 1 g fiber, 120 mg sodium.



Deviled Chicks

PREP 35 MINUTES

TOTAL 50 MINUTES PLUS CHILLING

- 12** lg. eggs
- ½** c. mayonnaise
- ¼** c. finely grated Parmesan cheese
- 2** tsp. Dijon mustard
- 3** thin slices carrot
- 24** capers, blotted dry
- Dill sprigs, for garnish

1. In 4-qt. saucepan, place eggs and enough water to cover. Heat to boiling on high, cover with lid; remove from heat. Let stand 12 min. Cool, then peel.

2. Trim bottoms of eggs so they stand upright. Cut off top third of eggs, reserving egg white tops. Gently remove yolks; place in med. bowl.

Mash with mayonnaise, Parmesan and mustard until smooth. Transfer to quart-size resealable plastic bag.

3. Snip sm. hole in corner of plastic bag. Pipe enough yolk mixture into each egg white to fill cavity and come about 1 in. above rim.

4. Cut carrots into very sm. triangles. Stud yolks with capers for eyes and carrots for beaks. Top with egg white tops. Refrigerate at least 1 hr. or up to 1 day.

5. To serve, line platter with dill. Arrange chicks carefully on top.

SERVES 12 About 155 cals, 1 g protein, 1 g carbs, 13 g fat (3 g sat), 190 mg sodium.



Chocolate Nests

PREP 20 MINUTES

TOTAL 25 MINUTES PLUS CHILLING

- 12** oz. chocolate chips
- ¾** c. smooth peanut (or other nut) butter
- 5** c. chow mein noodles (10 oz.)
- Candy-coated chocolate eggs

1. Line lg. rimmed baking sheet with waxed paper. In 4-qt. saucepan, melt chocolate chips and nut butter on low, stirring constantly, about 5 min.

2. Place chow mein noodles in lg. bowl. Pour chocolate mixture over noodles; stir well to coat.

3. Onto prepared sheet, drop 2 Tbsp. mixture to form mound; repeat with remaining mixture. Shape into nests. Refrigerate until set, about 30 min.

4. To serve, fill nests with chocolate eggs. Makes 24 nests.

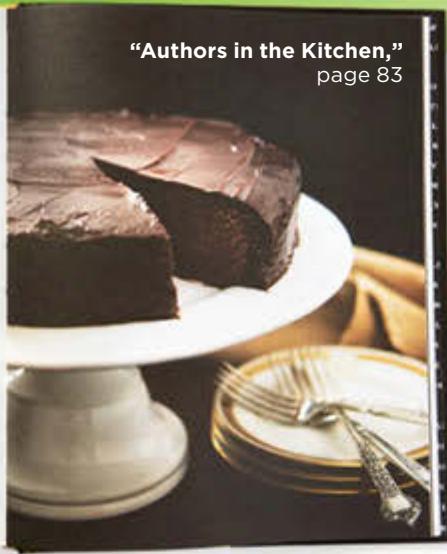
EACH NEST (WITHOUT EGGS) About 170 cals, 4 g protein, 18 g carbs, 10 g fat (4 g sat), 2 g fiber, 135 mg sodium.

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"Authors in the Kitchen,"
page 83

JAMES PATTERSON'S Grandma's Killer Chocolate Cake

PREP 25 MINUTES
TOTAL 1 HOUR 5 MINUTES PLUS COOLING
YIELD ONE 13" BY 9" SHEET CAKE

CAKE

½ c. butter
2 c. granulated sugar
2 lg. eggs
2 c. all-purpose flour
1½ c. buttermilk
1½ tsp. baking soda dissolved in **½ c.** hot water
3½ oz. unsweetened chocolate, melted gently
1 tsp. vanilla extract

FROSTING

½ c. butter
3 oz. unsweetened chocolate
2 c. granulated sugar
½ c. whole milk
1 tsp. vanilla extract
1 tsp. almond extract

1. Preheat oven to 350°F. Spray 13" by 9" baking pan with baking spray. With mixer on med. speed, cream butter and sugar together. Add eggs, beating to combine.
2. Beat in flour and buttermilk in alternating additions, starting and ending with flour. Add baking soda mixture, followed by chocolate and vanilla extract.
3. Pour batter into prepared baking pan. Bake 35 to 37 min. or until toothpick inserted into center comes out clean. Remove from oven; cool 15 minutes. Invert cake onto platter.
4. Combine frosting ingredients in med. saucepan. Bring to a full boil and boil for 2 min., whisking occasionally. Let cool.
5. Frost cake and serve.

OUR TRIPLE-TEST PROMISE

In our Test Kitchens at the Good Housekeeping Institute, we create recipes that are family-friendly, healthy and easy. We test each recipe at least three times:

1 CREATE

A *GH* recipe developer prepares the dish and presents it to the food team. We decide if it *meets our high standards of deliciousness* — but that's just the beginning. For example, weeknight meals should take 30 minutes or less to make. The same person tests the recipe several more times to fine-tune it, using the same equipment.

2 TEST

Another team member prepares the recipe as written, *varying the brands of equipment and ingredients*. (She may do this several times — using an electric stove instead of gas, a lighter-weight pan, Hunt's versus Del Monte tomatoes.) Note: All microwave tests are done in 1,000-watt ovens. If yours has a different wattage, you may need to adjust the cooking time.

3 VERIFY

A third team member repeats the process using yet *another set of equipment and alternative ingredients*. By the time the recipes appear in *GH*, they are guaranteed to work on any range, with any brands of equipment and ingredients, in any kitchen. *We promise.*

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"Easiest-Ever Easter Dinner," page 127

Apricot-Mustard Ham

PREP 10 MINUTES
TOTAL 3 HOURS 10 MINUTES

- 1 (8- to 10-lb.) fully cooked bone-in smoked half ham (not spiral-sliced)
- 1 c. packed brown sugar
- 1 c. apricot jam
- ½ c. spicy brown mustard

1. Preheat oven to 300°F. Place ham in roasting pan, cut side down. With tip of sharp knife, make long cuts from top of ham to bottom, cutting through tough skin and fat. Cover with foil. Bake 1½ hrs.

2. In med. bowl, whisk sugar, jam, mustard and 2 tsp. pepper. Transfer 1 c. glaze to separate bowl; cover and refrigerate. Remove foil from ham. Brush remaining glaze all over ham. Bake, uncovered, another 1 to 1½ hrs. or until glaze is dark brown and internal temperature of ham has reached 140°F. Allow ham to rest 20 min. before carving. Serve with reserved glaze.

SERVES 12 About 310 cals, 23 g protein, 37 g carbs, 6 g fat (2 g sat), 1,360 mg sodium.

Herb-Roasted Root Vegetables

PREP 15 MINUTES

TOTAL 1 HOUR

- 1½ lbs. baby potatoes, cut into halves
- 1 lb. slender carrots, cut into 2-in. lengths
- 1 bunch radishes, trimmed and cut into halves
- 3 Tbsp. olive oil
- 1 Tbsp. chopped fresh thyme leaves
- ¼ c. fresh flat-leaf parsley leaves, chopped

1. Preheat oven to 450°F. In 7-qt. saucepot, cover potatoes and carrots with cold water; add 1 Tbsp. salt. Cover and heat to boiling on high. Reduce heat to maintain simmer; cook 7 min. Drain well and return to pot. Vegetables can be parboiled and refrigerated up to 2 days before roasting.
2. Toss potatoes, carrots and radishes with oil, thyme and ¼ tsp. each salt and pepper; arrange in single layer on lg. rimmed baking sheet. Roast 25 min. or until vegetables are browned and tender, stirring twice.
3. Remove from oven; sprinkle vegetables with parsley and toss to coat. Serve warm or at room temperature.

SERVES 10 About 110 cals, 2 g protein, 16 g carbs, 4 g fat (1 g sat), 2 g fiber, 170 mg sodium.

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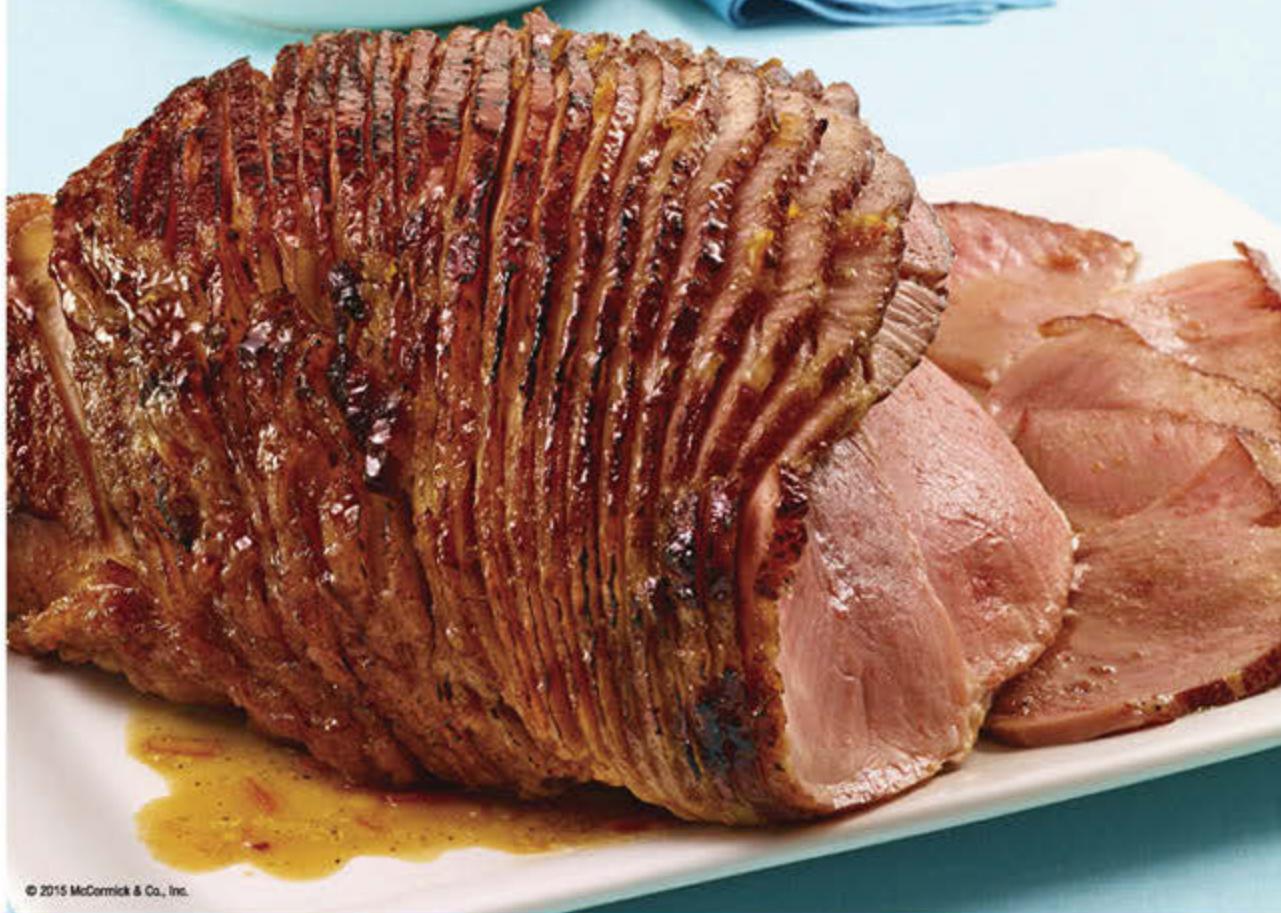
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McCormick Orange Glazed Ham

1 bone-in spiral-cut ham (about 10 lbs.)

1 cup orange marmalade

1/4 tsp. McCormick Ground Cloves

1 tsp. McCormick Ground Mustard

1/2 tsp. McCormick Garlic Powder

1/4 tsp. McCormick Ground Black Pepper

Tip: No cloves? Use 1 tsp. McCormick Ground Cinnamon instead.

PLACE the ham on its side in roasting pan. Mix marmalade and spices in small bowl until well blended. Brush 1/2 of the marmalade mixture over ham, gently separating the slices so mixture can reach middle of ham. Cover loosely with foil.

BAKE in preheated 325°F oven 1 hour, basting occasionally. Remove foil. Brush with remaining marmalade mixture. Bake 45 minutes longer. Serve ham with pan drippings.

Makes 24 servings.



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+ RECIPE Go to goodhousekeeping.com/devilsfoodcake.





HOW-TO: FUN BUNNIES

Snip up some marshmallows to create your rabbits, then add on the charm



MAKE BUNNY PARTS

To make big bunnies' legs: Snip $\frac{1}{2}$ -in. piece from flat ends of 1 lg. marshmallow. Cut to make 2 semicircles. For babies' legs, cut mini marshmallows in half crosswise. Melt white candy melts for "glue"; pipe from a resealable bag.



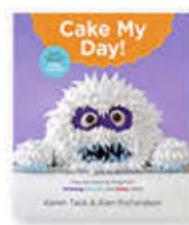
CUT THE EARS

Place pink decorating sugar in a bowl. Cut each marshmallow crosswise into 4 thin slices. Press sticky sides into sugar to coat; brush off any excess.



ASSEMBLE BUNNIES

Pipe dot of melted candy on flat side of whole marshmallow (use mini if for a baby); press another whole one into its side to create head. Lay flat, then attach legs and ears with melted candy. Pipe dark-chocolate frosting for eyes, and "glue" on candy hearts for noses.



Find this and other great projects in *Cake My Day!* by Karen Tack and Alan Richardson (\$19, amazon.com).

GET A SUPERHERO PLANT. English ivy, mums and peace lilies help remove indoor pollutants like formaldehyde and benzene.



YOU CAN'T BEAT **ZERO HEARTBURN**

LARRY THE
CABLE GUY
ACTUAL USER



Prilosec OTC® contains medicine once only available by prescription, and is the:

**#1 Gastroenterologist[†] recommended,
#1 Doctor[†] & Pharmacist^{^^} recommended, and
#1 Selling^{**} frequent heartburn medicine
for 9 straight years.**



ONE PILL EACH MORNING. 24 HOURS.

ZERO HEARTBURN.*

*It's possible while taking Prilosec OTC. Use as directed for 14 days to treat frequent heartburn. Do not take for more than 14 days or more often than every 4 months unless directed by a doctor. May take 1 to 4 days for full effect. Not for immediate relief.
†Symphony Health Solutions ProVoice™ Survey, Jan. 2005-Mar. 2014. ^{^^}Pharmacy Times Surveys, Acid Reducer/Heartburn Categories 2006-2014

**P&G Calculation based on Nielsen ScanTrack FD+, 2004-2014

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WHAT YOUR DOG ISN'T TELLING YOU

He wants you to skip the small talk and rub his belly. When owners used petting as a reward, their dogs stayed in place three times longer than when they'd given only verbal praise, found a University of Florida study. Physical contact (e.g., nuzzling or cuddling) is a language dogs use to communicate with one another, so researchers say the more hands-on you are with your pup while training him to sit or stay, the more responsive he'll be. *Good owner!*

SOURCE: Erica Feuerbacher, Ph.D., assistant professor of anthrozoology at Carroll College



WHAT THE CLUCK?

Check our "chicklist" before you let the Easter Bunny tuck live birds into your kids' baskets:

- 1 Know that they grow. They can go from little and cute to full-size in a few weeks.
- 2 Chickens need shelter and ideally 10 square feet of outdoor space each. Crowded cluckers get destructive.
- 3 Hens can live 10 years or more, though egg-laying slows down around age 3 (and some never pop a single one).
- 4 Your chicks may carry salmonella, so hand-washing and thorough coop cleaning are nonnegotiable. How about a pack of Peeps instead?

SOURCE:
ASPCA, CDC



#GHSealofCute
"Let's be cuddle bunnies."

– @henryandjonas



Tag your pet's ridiculously adorable moments with #GHSealofCute on Instagram, Facebook or Twitter, and a photo of your furry or feathered (or even finny!) friend could appear in a future issue of *Good Housekeeping*.

DONATE! Animal shelters need your old sheets and towels to line crates.

Set your dog free from grains with BLUE Freedom.



Made with the finest natural ingredients and no grains or glutens, BLUE Freedom® is grain-free at its finest.

We all want our dogs and cats to look and feel their best. For some of our furry friends, that means being on a grain-free diet. That's why we created BLUE Freedom.

It always starts with real meat – and has none of the grains that contain gluten. Plus, BLUE Freedom has no corn, wheat or soy and nothing artificial.

If you think your dog or cat can do better on a grain-free diet, you can't do better than BLUE Freedom.

BlueFreedomPets.com
Love them like family. Feed them like family.®

Available for dogs and cats.

AT MY HOUSE...

LARA SPENCER

You probably know Lara from her weekday gig as cohost of ABC's *Good Morning America*. She's also the creator and host of HGTV's *Flea Market Flip* and the author of a recent book, *Flea Market Fabulous*.

Perfect

FAVORITE JUNK FOOD:

Vanilla cupcake from Magnolia Bakery

FAVORITE ROOM:

my front porch

FAVORITE BOARD GAME:

Stratego

I'LL DO ANYTHING TO AVOID:

unloading the dishwasher

MY SECRET CLEANING WEAPON IS:

Mr. Clean Magic Eraser pads

MOST RECENT MUSIC DOWNLOAD:

Ed Sheeran
- Thinking Out Loud

THE LAST THING I BOUGHT ONLINE:

A new swimsuit.

I JUST GOT A GREAT DEAL ON:

a pair of brown
suede booties



Born: 1969
Lives in: Riverside, CT
Hometown: Garden City, NY
Lives with: Husband David (a real estate agent); son Duff, 13; and daughter Kate, 10

I HATE TO SHOP FOR:

Nothing. I love to shop!

BAD HABIT:

I go to bed
way too late

FAVORITE FAMILY RITUAL:

Reading together
before bed

I HAVE A STYLE CRUSH ON:

Blake Lively

I NEVER LEAVE THE
HOUSE WITHOUT:

Bond 9 perfume

PERSONAL MOTTO/MANTRA:

Play your game.

I WISH I COULD TELL MY
YOUNGER SELF TO:

believe you deserve
the best life has
to offer. Don't
settle!



A FRESH TAKE ON RUSTIC WOOD. IT'S TILE.

Looks and feels like reclaimed wood. Performs like tile. Introducing tough, versatile Marazzi reclaimed wood-look tile.

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More saving. More doing.



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your wrinkle cream?



Stop hoping, and see
results in just 1 week.



Results in 1 week with Neutrogena® Rapid Wrinkle Repair®.

With Accelerated Retinol SA, the fastest retinol formula available, it's clinically proven to work on fine lines and even deep wrinkles in just 1 week*.

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